

The OAK LEAF



Vol. 38, No. 1

NAVAL REGIONAL MEDICAL CENTER, OAKLAND

Friday, January 2, 1976



Paintings on Pediatrics

A cartoon carnival has been created on 7-East, Pediatrics. Children on the ward are greeted by the familiar faces of Donald Duck, Tweetie Bird, Daffy Duck, Yosemite Sam, the Pink Panther, Winnie the Pooh and his friends Piglet and Tigger. Another area is dedicated to "Sesame Street" where cheerful paintings of Big Bird, Bert and Ernie and the Cookie Monster brighten the walls.

These fantastic cartoon characters were all painted by October's Sailor of the Month, HM3 Geoffrey Bjorgan and his lovely wife, Angie. Just a glance down the hall shows this man and wife team's great talent.

Through their efforts, small children who must be hospitalized feel a little less lonesome and unhappy just knowing their good "friends" are just outside their door.

You can make 1976 the Year of the 'Pro'

What is a professional? In civilian life we have the professions of law, medicine, etc., and we know that the men who follow them spend years of study before they are ready to practice. But as professionals they never, throughout their careers, stop studying and disciplining themselves to acquire greater skill and knowledge.

What is a professional military man? The answer might be: He's no tyro. He has chosen the service as a career. It is his way of making a livelihood by service to his fellow men, just as the doctor and the lawyer serve in their respective fields.

Your real military pro, having elected his service, does more than commit himself to it like a barnacle on a rock. He proceeds methodically to make it his own. He takes over. How? By giving himself to it.

It isn't anything like sacrifice. How could it be, when one of the distinguishing marks of the pro is pride and confidence in his service and in himself? It is no chore for him to be constantly expanding his knowledge of that service and its ways because with greater understanding comes greater confidence.

Why this confidence? He has come to believe in the service, in its mission and its way of life. He has identified himself with it, completely and irrevocably. Even when he retires he won't shed it. He can't. It is in his thinking, his manner, his behavior.

You can spot the pro against the amateur, the dabbler, because this identification with a tradition, a single honorable career, makes his life meaningful. He moves and speaks with a purpose that springs from knowing exactly what he is and what he will be tomorrow — the same, only better.

Think of yourself, then, as a pro in the year ahead. Don't make 1976 a year of vacillation and self doubt.(AFPS)

1776
1976

THE SHORT SHEET

New reenlistment regs

Effective January 1, 1976, the decision to reenlist will involve the Navy as well as the individual. If the Navy needs more people within the person's rate his chances of being okayed for reenlistment are good. But if there are more people within his rate than are needed he may be asked to change to another, less crowded rate.

These new rules also work to the man's advantage. In less crowded rates there is more chance for advancement. Changes can often be made without loss of grade. Check with the career counselor for details.

Medical grants to be given

In an effort to recruit second and third year medical and osteopathic students for the Armed Forces Health Professions Scholarship Program the Navy will be providing grants of more than \$5000 a year, plus tuition, fees and books.

Write to the Chief, Bureau of Medicine and Surgery, Code 314, Department of the Navy, Washington, D.C. 20372, for further information.

New Year's thought from the Chief Master at Arms

As we walk through Med Center each day,
Look around you, I'm sure you will say,
"Our military bearing and personal pride
Might have slipped just a bit in '75."
Whatever position, whichever your corps,
Our pride and personal worth we must restore.
What happened to that spirit of "We're the best?"
Correct yourself; set examples for the rest.
There's a sailor with no cover, his uniform a rag,
He didn't even stop as they raised the nation's flag.
Many patients we're treating fought hard for our nation.
With this coming year I hope to hear their quotation:
"There's a corpsman, a doctor and a nurse,
The most proud organization on earth."

HMC Oscar C. Willis, USN



NAVAL REGIONAL MEDICAL CENTER,
OAKLAND, CALIFORNIA

RADM Henry A. Sparks, MC, USN,
Commanding Officer

CAPT Ira J. Woodstein, MC, USN,
Director of Clinical Services

CDR Hubert H. Sowers, MSC, USN, Director of Administrative Services

LCDR Emery J. Hatch, MSC, USN, Public Affairs Officer and THE OAK LEAF Advisor

Editor: Jo Spivey, Kathy Vantine, Assisting

Photography: HM1 Steven L. Spring, HM2 T. J. Town, HM3 D. C. Rust, Jo Spivey

THE OAK LEAF is a semimonthly publication produced commercially with appropriated funds in compliance with NAVEXOS P-35, Rev. Jan. 1974. Opinions contained herein are not official expressions of the Department of the Navy.

THE OAK LEAF receives American Forces Press Service and NAV NEWS material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Regional Medical Center, Oakland, Ca. 94627.



SANTA AND MRS. CLAUS visited in the Officer's Dining Room before proceeding to the Pediatrics ward. Mr. and Mrs. Claus passed out Christmas cards to the children, asking them to write down on the card exactly what they wanted this year from Santa. (Just to keep Santa from forgetting?) Lottie Raines and Robert Evans were the ones spreading the good will. Ordinarily you'll find them working in Food Service.



STAFF BABIES

BORN AT Naval Regional Medical Center, Oakland... on December 8, 1975, Ann Carter Blanks, 8 pound, 5-1/2 ounce daughter to Lynda D. and LT James A. Blanks... on December 12, George Frederic Martin, 8 pound son to Shery Lyn and CAPT George F. Martin, Jr.,... on December 13, Randolph David Shinn, Jr., 7 pound, 9 ounce son to Deanna and HA Randolph D. Shinn... LaShawn Leann Stover, 7 pound, 5 ounce daughter to Fredna A. and DN Douglas J. Stover... on December 19, Charles Alphonsus Goldy, Jr., 6 pound, 10-1/2 ounce son to Karen Sue and HM2 Charles A. Goldy... on December 20, Christopher Steven Cavanaugh, 8 pound, 6 ounce son to Mary Alice and HA Steve Maurice Cavanaugh...

New Year's Resolutions

LCDR John DeLaughter: "If you believe that something should be done today you should resolve to do it today and not wait until New Year's."

HM3 Lane Bidwell: "To get more knowledge and do the best job I can."

HM3 Rusty McCargo: (recently married) "To stay at home with hubby as much as possible."

HM3 Fred Husband: "To convince the Alameda command exchange that I will never write another bad check and to get them to take me off their black list."

HMCM Charlie Axworthy: "To get everybody to turn to and get to work."

YN2 Mary Nanna: "To make it through eight months without my honey."

SM1 Stewart Martin: "As a fleet sailor I'd like to see a budget allocation for installation of one signal light and signal flags and to get this base underway for fleet tactical maneuvers."

Mrs. Francine Faulk: "To go on vacation with my husband, which will probably take an act of Congress."

PNSN Robert Miller: "To learn to scuba dive, a skill I can use on the sunny tropical isle of Guam."

HM1 Hank Chinnery: "To win the respect that 'The Fonz' has" (others in his office are resolving to get the blue back in his eyes!)

SM1 Ron Wright: "The same as every year—not to get married."

Legal: "We resolve to straighten you crooks out this year."

Mrs. Norman Williams: "To have a successful Parent Volunteer Program at Howard School."

HM2 Tim Town: "A club or bust!" (What was that HM3 Town?)

HM3 Dave Rust: "I resolve not to be in the 'Oak Leaf'."

HM1 Steve Spring: "To try to convince Herb Quellar to clean off his desk."

Mrs. Mary Pierce: "To follow my motto of 'Do it today...tomorrow it might be taxed or against the law.'"

Melissa & Peggy at the Credit Union: "We wish you all wealth as well as health in the new year."

CDR Wayne Rushing: "to be nice to myself."

LT Bob Newquist (Environmental Health): "Greetings and sanitation!"

HM3 Louis Unis: "To play more golf so I can join the varsity golf team."

Pediatrics: "We resolve to strive for better communication, improve knowledge, keep charts current, eliminate unnecessary lab work, notify 'the boss' when in doubt, terminate tardiness, conserve energy, nullify nit-picking, strive for neatness in notes, innovate, accommodate annoying situations and to lift long hair from ears and collars." (Sounds like a good resolution for us all!)

A New Year of savings begins

Clearance sales are the BIG news this month at the Navy Exchange, and smart shoppers know that this is the period when markdowns are made on a variety of holiday and seasonal merchandise. Look for unannounced specials in clothing, and spectacular reduced-price offerings in seasonal items which will be just as useful eleven months from now as they were last month. We're talking about things such as holiday greeting cards, ornaments, toys, accessories and gift sets.

Hedge against inflation by considering the many markdowns being featured at the store that offers more... the Navy exchange.



On the shelf...

Here are just a few of the national best sellers now available on the shelves of the Crew's Library, building 101.

THE GREEK TREASURE (Irving Stone). A faithful, if weighty, novelization of the life of Heinrich Schliemann.

LOOKING FOR MR. GOODBAR (Judith Rossner). A woman finds death at the end of the singles-bar trail.

HUMBOLDT'S GIFT (Saul Bellow). Fame, poetry, power, money, death are the concerns with Bellow in good form.

SHOGUN (James Clavell). A Westerner becomes enmeshed in 17th-century Japanese intrigue.

NIGHTWORK (Irwin Shaw). A night clerk with 100-grand joins up with a con-man; a funny, sardonic romp.

In the non-fiction section you can find some of these new selections: **HIM/HER/SELF: SEX ROLES IN MODERN AMERICA** (Filene); **PERSONAL FINANCIAL PLANNING** (Hallman); **THE MILITARY AIRPLANE: ITS HISTORY**; **CHILTON'S MORE MILES-PER-GALLON GUIDE**; **DOG DAYS AT THE WHITE HOUSE**; **OUTRAGEOUS MEMOIRS**; **MAN IN BLACK: JOHNNY CASH**.





Bits and Pieces

News Flash! Pharmacy recognizes an ancient nostrum for '76.

It cures most ills, alleviates the pain of all ills, has countless sources, many dosage forms are available, it's very inexpensive, has no counter-indications, is positively addicting, has a high incidence of cross-sensitivity and works best when given away free of charge.

It's generic name is love.

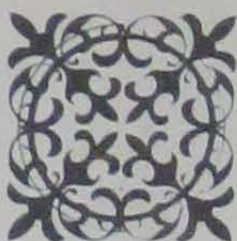
Trade names are agape, aga'pi, ahavah, ai, aloha, amor, amore, ask-sevgi, elskou, houb, iubire, karlek, kjaerlighet, l'amour, laská, Liebe, libe, liefde, ljubav, lyubof, mitosc, mo ghradh, pag-ibig, rakkavs, szeretet, tjinta, upendo.

What good idea did HMI Bob Pierce come up with when he returned home from Okinawa last week that his wife, Mary, hasn't slept since!

One of CAPT Angelo Petoletti's nicest Christmas greetings this year was a beautiful, autographed photograph from an old friend — RADM Paul Kaufman, Assistant Chief of the Bureau of Medicine for Material Resources. Their friendship goes back to a time when RADM Kaufman was a LCDR and CAPT Petoletti held the rank of Lieutenant.



RADM Sparks bids a fond last farewell to CDR Nancy MacDowell. The staff will certainly miss her presence.



the Chaplain's Corner

TAKING LIFE IN SHORT BURSTS

For years I wanted to climb a mountain with my son. We had first talked about it in 1964 when we lived in New Orleans. But no mountains are there - only the vast Mississippi Valley with no elavation, not even a hill. Then we moved to the Republic of the Philippines. The beautiful Zambales Mountain Range could be seen from our dining room windows. A lot of history is centered in those mountains. In 1942 the Japanese army pushed our fighting forces out of the Zambales Mountains and on to the Bataan Peninsula and received the surrender of Bataan and Corregidor. My son and I used to look at those green mountains covered with jungle foliage and banana trees. We talked about climbing one, dreamed of doing it, set dates, and then - interruptions. In my study at home, for a long time, was a full page of things I had promised to do. At the top of that list there used to be this line: "Climb a mountain with my son." It had started in 1964. Not until June of 1971, just outside San Francisco, did we "climb" our mountain. It had been seven years of obstructions, but we did it - finally.

Just by the very nature of things, the movement of the hands on the clock, and the passing of the seasons, changes come which will surely bring interruptions. "Constant change is here to stay" is more than a slogan. It is a fact. So, what is one to do, especially with rude and tragic interference? Senator Edward M. Kennedy has a word about this. In March of 1971 he said, "I've had more than my share of tragedy and disappointment. The pendulum swings wide, and when it does, you develop an ability to live with these changes. You take life in short bursts."

The man who is among the ranks of the banished is usually there because he could not, or would not, adapt himself to disturbing disruptions. And it is true the other way too. The man who moves on toward successful living with himself, his kin and his society is the man who has learned how to adjust to interruptions.

CDR L. Wayne Rushing, CHC, USN

Who's been doing what...

Reenlistments

HM2 William M. Hearn, 1st reenlistment, PMT student.
HM2 Linda R. Neilson, 1st reenlistment, Physical Therapy.
HM3 John G. Baldwin, 1st reenlistment, PMT student.

Promoted to

CDR Lowell R. Beal, MC, Internal Medicine
CDR Bruce G. Edwards, MC, Ophthalmology
CDR George E. Siegfried, MC, Surgery
LCDR Thomas W. McLennan, MC, Radiology
LTJG Josephine A. Rachubka, NC, Pediatrics

Good Conduct Award

HMI Charles H. Williams

Letters of Commendation

CAPT Miriam Ferguson, NC
CDR Nancy MacDowell, NC

Retirement

MM1 (SS) Eugene J. O'Brien

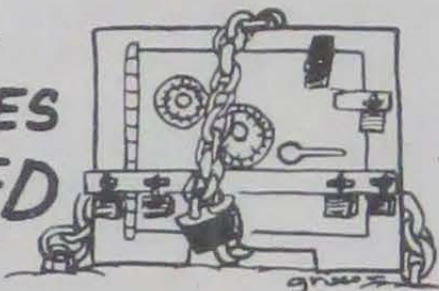
Reporting

LCDR Michael W. Moy, MSC, from USNH Taipei, to Pharmacy
LT Robin M. Lake, MC, Intern, from Baylor College of Medicine

Detaching

CAPT Miriam Ferguson, NC
CDR Nancy MacDowell, NC

Are Your
VALUABLES
SECURED?
?



Georgia Changes License Law

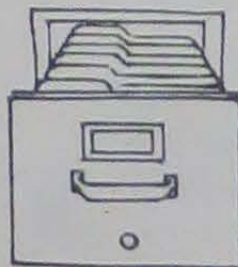
The Georgia Legislature has enacted changes to its driver's license laws that will affect active duty service members holding Georgia driver's licenses. The following changes become effective January 1, 1976:

* Every Georgia driver's license, to include Veterans, honorary, and licenses held by active duty service members, shall expire on the licensee's birthday in the fourth year following the issuance of such license.

* The expiration date of Georgia driver's licenses held by active duty service members and their dependents stationed outside of Georgia, may be deferred for a period not to exceed four years, upon the members written request and payment of the required fee. No fees will be charged to holders of veteran or honorary driver's licenses.

Captions goof

Captions for the twenty and thirty year Civil Service award pictures were switched in our last issue. Those cited for thirty years service were actually twenty year employees and vice versa. Sorry!



Time to
clean the
files!

SPOTLIGHT ON SPORTS

by Ron Brown

Intramural Basketball Games of Dec. 10th

Lab over Internal Medicine 63-54

With Gene Sarha netting 21 points on seven field goals and seven free throws, Lab dealt Internal Medicine their second loss in as many games. Also scoring well for Lab was Mike Doering and Howard Chase, each with 14 markers. John Darden followed with 10 points.

John Verkleeren led the losers with 16 points on eight field goals. Vic Velasco followed with 12 points with Ken Snodgrass and Larry Eninger each getting 10.

POGA deals Dental first loss

With Bob Woodruff paving the way, POGA defeated the highly touted five from Dental by a score of 40-22. Woodruff led POGA with 12 points on six field goals. Jim Rees followed with seven points.

Jose Davila scored five points in a losing cause for Dental. Steve Howard also netted four for the losers. Robin Dodd had three points, with five other players netting two each.

EENT wins big over OR

Dale Shafer led all scorers with 12 points as EENT got into the win column with a resounding 59-26 shellacking over OR. Mike Carolan, Dave Powell, Jeff Schicker, and Hunter McKay each had eight points to aid EENT.

Dana Kriz led OR with 11 points on five field goals and one free throw. Pat Naughton followed with seven points for the losers.

Intramural Basketball Games of Dec. 17

Lab has reached the Christmas break in league play with an unblemished 3-0 record by handing PT-OT their first loss by a score of 48-37.

Mike Doering led the winners with 17 points on six field goals and five free throws. Howard Chase followed with 11 points with John Darden and Gene Sarha each getting eight points to round out Lab's scoring attack.

Art Davies led the losers with 17 markers followed by Lou Unis' 14 points to garner 31 of their team's 37 points.

EENT Defeats Internal Medicine 49-38

Hunter McKay led all scorers in this game with 11 points followed by Brad Hayne and Dale Shafer with 11 points and 10 points respectively.

Larry Eninger led the losers with 11 markers followed by Ken Snodgrass with 10.

In the other games played on Wednesday, Dec. 17th, OR defeated Dental 34-26 with Dave Mongar netting 13 points followed by Bernard Berry and Craig Hilton each with six points.

Jose Davila, Steve Cavanaugh and Steve Howard each had six for Dental.

Next Week's Games for Jan. 7

PT-OT vs. OR—5:00 p.m.
Internal Medicine vs. Personnel—6:00 p.m.
Dental vs. EENT—7:00 p.m.
Drug Screening vs. Lab—8:00 p.m.
All games are played in the gymnasium.

Intramural Basketball Standings through Dec. 17

Team	W	L	Pct.
1. Personnel	3	0	1.000
2. Lab	3	0	1.000
3. POGA	3	0	1.000
4. PT-OT	2	1	.667
5. EENT	2	1	.667
6. OR	1	2	.333
7. Dental	1	2	.333
8. Internal Medicine	0	3	.000
9. Drug Screening	0	3	.000
10. PMT	0	3	.000

Move lawnmower away from gasoline fumes before starting. Cool motor before refueling. Don't use flammable liquids near heat, flame, or while smoking.

Use flashlights, never fire, inside a tent. Buy a tent labeled flame-retardant.

Don't use gasoline on a grill fire—ever. Once the fire has been started, never use lighter fluid either. Use dry kindling to revive the fire.



\$500,000 still unclaimed by Ohio families

More than \$500,000 is still unclaimed by next-of-kin of deceased Ohio veterans of the Vietnam Era Conflict, according to Randall W. Sweeney, Director of the Ohio Vietnam Veterans Bonus Commission.

"These funds," Sweeney said, "have been specifically set aside by the people of Ohio for the survivors of persons who were either killed in action, or who died as a result of illness or injuries sustained in Vietnam service. They can claim as much as \$1,000 compensation."

He explained that Department of Defense records indicate there are 511 deceased Ohio veterans, whose next-of-kin have not yet applied. A veteran's surviving spouse is the primary beneficiary, followed by surviving children or surviving parents, in that designated order.



Put your money where your heart is — IN AMERICA

Movie Schedule

Saturday, Jan. 3

THE LEGEND OF EARL DURRAND — Peter Haskell, Slim Pickens — Western Comedy (PG)

Sunday, Jan. 4

A REASON TO LIVE, A REASON TO DIE — James Coburn, Telly Savalas — Western (PG)

Monday, Jan. 5

WESTWORLD — Yul Brynner, Richard Benjamin — Drama (PG)

Tuesday, Jan. 6

BITE THE BULLET — Gene Hackman, Candice Bergen — Western (PG)

Wednesday, Jan. 7

THE APPLE DUMPLING GANG — Bill Bixby, Susan Clark — Comedy (G)

Thursday, Jan. 8

CAHILL, U.S. MARSHAL — John Wayne, George Kennedy — Western (PG)

Friday, Jan. 9

BATTLE FOR THE PLANET OF THE APES — Roddy McDowall, Claude Akins — Science Fiction (G)

Saturday, Jan. 10

AMAZING GRACE — Moms Mabley, Slappy White — Comedy (G)

Sunday, Jan. 11

THE HOUSE OF THE SEVEN CORPSES — John Ireland, Faith Domergue — Horror Drama (PG)

Monday, Jan. 12

ARNOLD — Stella Stevens, Roddy McDowall — Horror Comedy (PG)

Tuesday, Jan. 13

THREE DAYS OF THE CONDOR — Robert Redford, Faye Dunaway — Action Drama (R)

Wednesday, Jan. 14

ONE OF OUR DINOSAURS IS MISSING — Helen Hayes, Peter Ustinov — Comedy (G)

Thursday, Jan. 15

EMPEROR OF THE NORTH POLE — Lee Marvin, Ernest Borgnine — Action Drama (PG)

Friday, Jan. 16

UNDERCOVERS HERO — Peter Sellers, Curt Jurgens — Comedy (R)



Doubles

Tournament on Jan. 10

Eighteen couples will be bowling in the dark on Saturday, January 10th—in the Doubles Tournament.

Doubles is played with the lady rolling the first ball and the man trying to pick up whatever she left. When she gets a strike, the man starts off the next frame. No-tap, snake bite and regulation ten pin will be bowled.

It all means friendly, but not serious, competition. Cash prizes are awarded the winners as well as the losers.

Signups are being taken now at the bowling lanes. All this fun costs only \$3.50 per couple.

The OAK LEAF



Vol. 38, No. 2

NAVAL REGIONAL MEDICAL CENTER, OAKLAND

Friday, January 16, 1976

NRMC accredited for two years

Naval Regional Medical Center Oakland, has been accredited for two years by the Joint Commission on Accreditation of Hospitals (JCAH).

The chief aim of the Hospital Accreditation Program is to help hospitals in their pursuit of excellence and thereby provide a higher quality of care to patients.

NRMC's accreditation is a result of an on-site survey made by field representatives of the Joint Commission's Hospital Accreditation Program. Accreditation indicates that NRMC has met the standards of operation set by JCAH, a non-governmental, non-profit organization.



NRMC's first baby for '76

Little Jennifer Lee Rodriguez was the first baby to be welcomed by NRMC in 1976. Weighing in at 7 pounds, 2 ounces, she made her arrival at 4:19 a.m. on New Year's Day.

Her proud mother is Kathy Rodriguez, wife of PN3 Ruben Rodriguez who works in Personnel at the Naval Air Station, Alameda. LT John P. Navins, MC, was the attending physician.



WATCH OUT FOR THE BULL!

Once again the Bull has been passed... this time to ENS Ladislaus Gollesz. Passing the Brahma Bull was CDR Hubert Sowers, Director of Administrative Services. All the ceremony is due to the fact that the Admiral's Aide, Gene Hart, was just promoted to Lieutenant Junior Grade.

The tradition of the Bull Ensign began in 1973 when CAPT E. B. Miller (former Executive Officer at NRMCO) decided to "honor" the region's Senior Medical Service Corps Ensign.

Ensign Gollesz, who heads the Special Services Branch, is the eleventh proud owner. When he joins Mr. Hart with the rank of LTJG he will then enjoy the honor of passing the bull to the next senior Ensign.



SM1 makes Sailor of the Month

In just five short months since his transfer from the USS Coral Sea, Signalman First Class Stewart A. Martin has made a name for himself as permanent Chief of the Day at NRMC.

Aboard the USS Coral Sea, SM1 Martin was selected Supervisor of the Month for March 1975. He has now earned himself another honor—Sailor of the Month for December. Only one other general service rating has ever been selected Sailor of the Month at NRMC.

Rear Admiral Henry A. Sparks stated that his "initiative has been responsible for unequalled standards of efficiency and responsiveness at the Information Desk... Serving as an inspiration to subordinates and superiors alike, Petty Officer Martin's enterprising devotion to duty has immeasurably assisted the delivery of health care at this center."

With 14 years of service to his credit, Martin boasts about the number of ships he's been stationed aboard: four destroyers, two mine sweepers, one guided missile cruiser and one aircraft carrier. But Martin's ambitions don't just stop with the Navy. He is currently enrolled in classes at Chabot College and is working toward an Associate in Arts degree in Supervision.

Our Sailor of the Month hails from New Hampshire, but now makes his home in Hayward with his wife, Ahava, who just happens to be one of NRMC's dedicated Red Cross workers. Carpentry work, dabbling in the stock market and working with underprivileged children top the list of his favorite off-duty interests.



NAVAL REGIONAL MEDICAL CENTER,
OAKLAND, CALIFORNIA

RADM Henry A. Sparks, MC, USN,
Commanding Officer

CAPT Ira J. Woodstein, MC, USN,
Director of Clinical Services

CDR Hubert H. Sowers, MSC, USN, Director of Administrative Services
LCDR Emery J. Hatch, MSC, USN, Public Affairs Officer and THE OAK LEAF Advisor

Editor: Jo Spivey, Kathy Vantine, Assisting
Photography: HM1 Steven L. Spring, HM2 T. J. Town, HA "Smokey" Greer, Jo Spivey

THE OAK LEAF is a semimonthly publication produced commercially with appropriated funds in compliance with NAVEXOS P-35, Rev. Jan. 1974. Opinions contained herein are not official expressions of the Department of the Navy.

THE OAK LEAF receives American Forces Press Service and NAV NEWS material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Regional Medical Center, Oakland, Ca. 94627.



the Chaplain's Corner

In this two-hundredth year of our nation's life, Americans are being faced with the necessity for reviewing our values and priorities. This is a great nation, but in the bicentennial year we are more aware than ever that the qualities of greatness are largely a part of our past heritage and not altogether the product of one generation's enlightened effort.

History has repeated itself many times in emphasizing that the moral conscience of a nation is its principal foundation stone of survival, strength and stability. This is one of the central themes of the Hebrew wisdom literature of the wise men who played such a significant role in shaping the cultural patterns of Israel. They expressed this firm conviction in such poetic sayings as: "Righteousness exalts a nation, but sin is a reproach to any people." As that nation grew strong, great leaders like Solomon took care to blend wisdom and prophecy into instructions for developing sound individual and social ethical standards. As long as these high standards of personal and national conduct were observed, Israel was a great nation.

The Old Testament wisdom concerning righteousness has relevance for every age. Its prophecy of the inevitable deterioration of those who forsake the moral principles of the universe has come to fulfillment in many of the great civilizations of the past.

Today in America we see a wave of events which give rise to suspicion, frustration and insecurity. We cannot feel safe in our person or even within our homes, and the threat comes not from some outside source but rather from other American citizens who are willing to abandon moral principles for personal gain. This should call our nation to a deeper realization of the fact that it is not by power, wealth, noble tradition, nor numerical strength alone that a nation is genuinely strong. What better time to ponder the real source of this nation's true greatness and commit ourselves again to live out those principles in our own generation?

JOHN E. THOMPSON
CAPT, CHC, USNR

ARBA issues commemorative '76 medals

The official 1976 Bicentennial commemorative medal, authorized by Congress, is now for sale.

Available in bronze (\$5.00) and silver (\$25.00), the medal is issued by the American Revolution Bicentennial Administration (ARBA) and produced by the United States Mint.

Orders for the medal should be sent to the American Revolution Bicentennial Administration, P.O. Box 1976, San Francisco, California 94101. A check or money order should be enclosed.

The medal commemorates the famous ride of Paul Revere and depicts the Minuteman Statue on Lexington Common as a tribute to the small band of volunteers who "Fired the shot heard around the world."

Order forms for official 1976 commemoratives can be obtained from local chapters of the Disabled American Veterans, who have joined hands with the ARBA to help raise funds for Bicentennial projects and programs.

Bits and Pieces



Grown from just a two-foot baby is this eight foot tall giant dumb cane (*dieffenbachia ameaona*). Shirley Cober of Civilian Personnel is the proud owner... and she's only had it two years. Watch out 'Jack in the Beanstalk!'

Our most recent skateboard casualty is CDR Charles Benninger of Dermatology who broke both his tibia and fibula of his left leg. And he can't blame it on kids leaving toys around, either; he was actually skateboarding!

If you take the first letter from the key phrases of Pediatrics' New Year's resolution (in our last issue) you'll find they had the spirit of '76 in mind. The letters spell "bicentennial."

After 21 years of Naval service, CAPT Gilbert LeBlanc had the honor of swearing in his 21-year old son, Stephen. At a ceremony at the Recruiting Center in Oakland Stephen followed in his father's footsteps by joining the military. But he sidestepped a little by signing up with the Air Force.



CREW'S LIBRARY BOUNTY! The spirit of giving was exemplified in this stack of paperback books donated by the Marketing 101 class at the College of Alameda. Enjoying first choice are DKS Mary Wehrly of Disbursing and Ella Powell, Library clerk. The books will be distributed to patients, outpatient clinics and are available to NRMC staff and dependents on the Library's "Trading Post" table.



Housing Self Help Program

Navy housing managers throughout the Bay Area will participate in the newly established Housing Self Help Program. Basically, housing offices will soon stock certain materials which will be available to military families occupying Navy Housing. Some materials are available now. Many minor repair projects do not require technical accomplishment by an expert. Please call the housing manager in your housing project for details. Treasure Island call 765-6241; NAS Alameda call 869-3633; DOD Family Housing site, Novato (Hamilton Air Force Base) call 838-6282; and Oakland Army Base, NRMC, Point Molate, and Naval Supply Center, Oakland call 466-2023.



PSA stewardesses



Women's Volunteers of America bring Santa to visit.



Bob Hope



Roy Awbrey

Dancers with Veteran Hospitals' Christmas Committee



NAVAL REGIONAL MEDICAL CENTER
OAKLAND, CALIFORNIA 94627

IN REPLY REFER TO
00:kv
5341
1 January 1976

Dear Friends:

On behalf of the patients and staff of the Naval Regional Medical Center, Oakland, I wish to thank all those who visited our hospital during this holiday season. Your thoughtfulness and spirit of good will helped brighten the hospital stay of many.

Such demonstrated interest is of major importance in the recovery and rehabilitation of our patients. They are cheered by the knowledge that you are aware of their sacrifices and wish to make their hospital stay as pleasant as possible.

I am certain I express the sentiments of our personnel, both patient and staff, in saying that without your kindness our Christmas would not have been as merry, nor our New Year as happy. Your interest in the welfare of our patients is deeply appreciated. Again, my thanks for your thoughtfulness.

Sincerely,

H. A. Sparks

H. A. SPARKS
Rear Admiral, MC, U. S. Navy
Commanding Officer



Sonny Walton



The 1975 Christmas season was a busy one indeed! Getting the holidays off to a fantastic start was Mr. Bob Hope. His visit was the first of many.

Some of the good people warding off ole Scrooge were Pacific Southwest Airway's stewardesses, the Veteran Hospitals' Christmas Committee who decorated the hospital and presented a variety show, the Women's Volunteers of America who passed out Christmas gifts to patients, and the Golden Gate Revue performers. Christmas carols were sung by groups from St. Paschals School, the Chinese Bible College, Camp Fire Girls, the Mitchell Evangelical Center, and Oakland Chinese Presbyterian Church.

May the spirit of Christmas never be forgotten.



Brenda & Jack Payne



Rescue citation awarded

Recently commended for "performing duties in an exceptional manner during the evacuation of an injured woman hiker" was HM3 Michael D. Loveless.

In the Squire Creek Area near Darrington, Washington, a mountain climber fell, breaking her back and a leg. Mike, on duty with the Search and Rescue Team at the Naval Hospital, NAS Whidbey Island, was sent to her aid. He alone was lowered from a helicopter which hovered at over 3,000 feet on the side of a deadend ravine.

He placed the injured woman on a backboard; she was then raised to the helicopter and taken to a nearby hospital for treatment.

RADM Henry A. Sparks, presenting the award on behalf of Boeing Vertol Company, lauded his actions "in keeping with the highest traditions of the United States Navy and the Hospital Corps."

SOC Aids

The Servicemen's Opportunity Colleges (SOC) Program is designed to aid servicemen and women to obtain college degrees despite the inherent mobility of military life. The nearly 250 two- and four-year institutions which are now designated as Servicemen's Opportunity Colleges represent a network of schools across the United States and abroad which have recognized the needs of Servicemembers. The cooperation among these institutions, their similar policies on admissions, transfer and residence requirements, and their participation in an organized effort geared to opportunities for program completion represents an educational environment which understands and assists the mobile Servicemember.

A complete catalog of Servicemen's Opportunity Colleges and detailed information on the program may be obtained by writing:

SOC/AASCU

One DuPont Circle, Suite 700
Washington, D.C. 20036

You don't have to be brilliant to be in college. In fact, you may already have some college credit available from technical training you have received in the service. If you've been hesitating about getting into college studies, why not visit the Education Office and get all the facts to help you make that decision?

Is college for you?

Two Master's degree programs available at NRMC

Southern Illinois University will continue to offer a Master's degree in Business Administration and now offers a four course concentration in Health Care Management. The unique qualities of this fully-accredited, V.A. approved program are: the seminars are taught every third WEEKEND—Friday evening (6-10 p.m.), all day Saturday and Sunday (9-4 p.m.), by regular graduate faculty from the School of Business, SIU-E; and that the degree is completed in two years. The Health Care courses may be taken as part of the MBA, as its Concentration, or on a certified basis for special students. Lasting six months, four of five courses are chosen pertaining to economics, public policy, marketing and management systems in health care.

Classes will be held on base at the Education and Training building (105) and are open to all military personnel and civilians holding a B.A. degree.

For further information call Frances Zarkowsky, Base-Coordinator, at 639-2237/38 or 569-0814 between the hours of 8 a.m. and noon on Mondays, Wednesdays and Fridays.

Northern Colorado University will offer a Master's degree in Business with specialization in Health Care Administration. Classes will convene the third week in February.

Students are required to complete a minimum of 12 courses in the Health Care Administration field for the degree. Classes will be held every other weekend—Friday (6-10 p.m.) and all day Saturday and Sunday (9-4 p.m.). A new course will be offered every four weeks.

The requirement for admission to the program is that the student have a baccalaureate degree. The student, however, is expected to have at least a total of 64 quarter hours in Health Care Administration or business related experience prior to the awarding of the degree.

Special provisions that are favorable to Naval personnel are that credits may be granted for work experience and military service schools as well as transfer course credits from other acceptable institutions. Independent study projects may be used to satisfy some requirements.

Classes will be taught by the regular graduate faculty from the Center for Special and Advanced Programs, UNC.

This unique program is available to civilian and military personnel. The following schedule has been arranged for interested personnel:

Jan. 26 at 10:00 a.m.

Orientation presentation by UNC Program counselors in the Clinical Assembly

Jan. 26 1:00 - 4:00 p.m.

Jan. 27 9:00 - 12:00

Jan. 27 1:00 - 4:00 p.m.

Individual student counseling in building 105 by appointment.

Individual counseling is recommended for all prospective students. Appointments can be obtained at the orientation presentation on Jan. 26, or by calling extension 2237 or 2238. For further information contact the Education Services Office.

**6 things
you
can give.
So we
can give.**

**Help.
Blood.
Love.
Money.
Caring.
Skills.**



Learning disabilities class to start

Howard School's Parent Volunteer Program will sponsor a class in developing skills for working with children. Emphasis will be placed on reading, mathematics and helping with learning disabilities. Classes begin Wednesday, January 21, from 9:00 a.m. to noon for six weeks. Parents do not need to have children enrolled in Howard School to participate. Contact Mrs. Anita Williams at 632-0912 for further information.

Bicentennial Band Recording

"Broad Stripes/Bright Stars" is the name of a two record stereo album of marching songs, anthems, sea chanties and patriotic work. This album of heritage music has been released for commercial sale as part of the Armed Forces musical contribution to the nation's bicentennial.

Featured performers include the U.S. Army Band and Chorus, the U.S. Navy Band and Sea Chanters, the U.S. Marine Band and soloist and the U.S. Air Force Band and Singing Sergeants.

The album will retail at approximately \$7 and will be made available through local distributors and record stores.

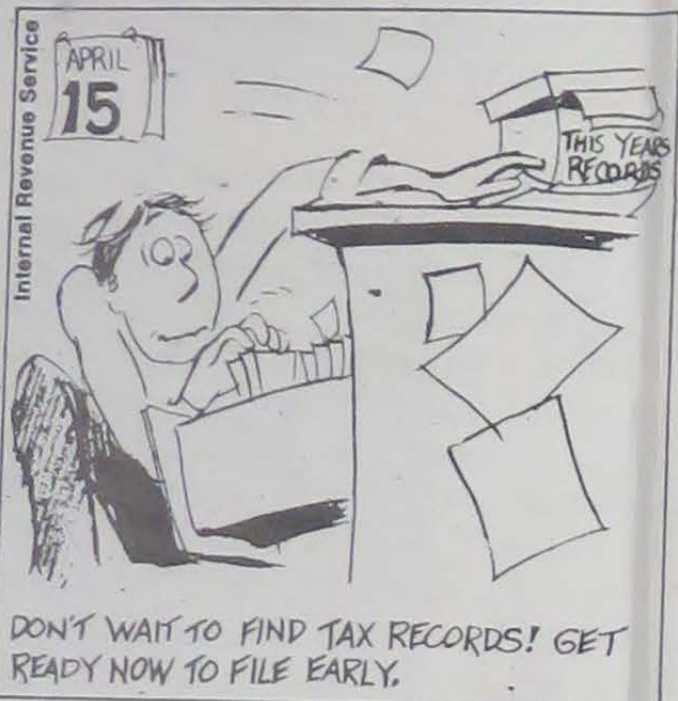
Recipe Tasting Dinner to be March 12

Do you have a favorite recipe you'd love to let the world in on? Or do you have a special flair for making mouth-watering lasagne? If so, take part in the NRMCO Officers' Wives Club Recipe Tasting Dinner on March 12th.

And this year "liberated" men may submit their specialties. A cookbook will be compiled of all the recipes tasted at the dinner.

Prizes will be given for the most scrumptious dish in each food category, including hors d'oeuvres, breads, salads, vegetables, main dishes and desserts.

Got questions, suggestions or recipes? Call Georgia Barsz at 635-5086. And don't come empty-handed on March 12th—you'll be charged!



Movie Schedule

Saturday, Jan. 17

ZARDOZ — Sean Connery, Charlotte Rampling — Fantasy (R)

Sunday, Jan. 18

THE DOVE — Joseph Bottoms, Deborah Raffin — Adventure Drama (PG)

Monday, Jan. 19

THE GODFATHER — Marlon Brando, Al Pacino — Action Drama (R)

Tuesday, Jan. 20

ALOHA BOBBY AND ROSE — Paul Le Mat, Dianne Hull — Drama (PG)

Wednesday, Jan. 21

LUCKY LUCIANO — Gian Marie Volante, Edmund O'Brien — Action Drama (R)

Thursday, Jan. 22

THE THIEF WHO CAME TO DINNER — Ryan O'Neal, Jacqueline Bisset — Comedy (PG)

Friday, Jan. 23

ESCAPE TO WITCH MOUNTAIN — Eddie Albert, Ray Milland — Comedy (G)

Saturday, Jan. 24

A WOMAN FOR ALL MEN — Keenan Wynn, Judith Brown — Romantic Melodrama (R)

Sunday, Jan. 25

W. W. AND THE DIXIE DANCEKINGS — Burt Reynolds, Art Carney — Comedy Drama (PG)

Monday, Jan. 26

THE FOUR MUSKETEERS — Oliver Reed, Michael York — Comedy Adventure (PG)

Tuesday, Jan. 27

THE FORTUNE — Jack Nicholson, Warren Beatty — Comedy (PG)

Wednesday, Jan. 28

HEARTS OF THE WEST — Jeff Bridges, Andy Griffith — Drama (PG)

Thursday, Jan. 29

RAGE — George C. Scott, Richard Basehart — Drama (PG)

Friday, Jan. 30

TOM SAWYER — Johnny Whitaker, Celeste Holm — Musical (G)

Staff Officers and Guests DINING DANCING AND RECEPTION FOR INSPECTOR GENERAL (MEDICAL) TEAM

Rear Admiral Walter M. Lonergan MC USN
Captain Edward D. Mateik MSC USN
Captain Katherine Wilson NC USN
Captain Jay C. Smout MSC USN

1900 - 2300 Friday 23 January 1976
NRMCO Oakland Commissioned Officers' Mess (Closed)
Happy Hour Prices For Bar!!! \$4.75 For Buffet
Remit Checks to Commissioned Officers' Mess (Closed)
1900 - 2000 - Social Hour (Ballroom)
2000 - Buffet Dinner (Main Dining Room)
2100 - 2300 Dancing and Cocktails (Galleon Room)

Staff Babies

Born at Naval Regional Medical Center, Oakland...on December 22, 1975, Barrett William Halterman, 9 pound, 4 ounce son to Becky and LT Robert W. Halterman...on December 30, Derick Henry Brown, 6 pound, 11-1/2 ounce son to Edith and LT Raymond L. Brown...on December 30, Evan Joseph Colletti, 7 pound, 1 ounce son to Cherlyn and LT Patrick J. Colletti...

???

If your tax questions aren't answered in the tax instructions or a free IRS pamphlet call the IRS toll-free for help. Consult your tax instructions or local directory for the correct number.

Internal Revenue Service

Congratulations!

MM1 Albert D. Pierce
SH2 Jaime E. Zabarte
Completion of AMF Training Course for Pinspotter Maintenance



Touring the Hospital last Friday were Swedish Naval doctors Bengt Berg, Gunnar Ejvinsson and George Evaldson of the HMS Alusnabben. CAPT D. Q. Wilson, Fleet Liaison Medical Officer, arranged their visit of our renal dialysis unit, surgical intensive care unit, coronary intensive care unit and the delivery suite. They received a first-hand view of U.S. Navy medicine and facilities.

SCENES BY THE SIDELINES

by Ron Brown

Personnel, Lab and POGA keep pace in Intramural Basketball League

Three teams remain at the top of the basketball league for the 1975-76 season. With five weeks left in league play, Personnel, Lab and POGA lead the league standings with identical 4-0 records.

In games played on Wednesday, January 7, PT-OT squeaked by OR 36-33. Art Davies led all scorers with 16 points on seven field goals and two free throws. His was the deciding basket of the game.

Lou Unis followed with 10 points for the winners. Mike Lepper led the losers with 10 points on five field goals.

Personnel, after a slow start, came back and wore down Internal Medicine's defense as they went on to win by a deciding 71-50 whitewash.

Jerome Conerly captured scoring laurels with 22 points on 11 field goals. John Scavuzzo followed with 16 points along with Al Kasperbauer and his 10 markers.

Larry Eninger led Internal Medicine with 14 points, followed by Vic Velasco with 13 points. Vaughn Marshall split the net with eight markers for the losers.

EENT humbles Dental

With Jeff Schicker garnering 27 points on 12 field goals and three free throws,

EENT socked it to Dental by a score of 51-18. Dale Shafer aided EENT's cause with 10 points.

Jose Davila led the losers with six points, followed by Dwight Urquhart and Gary Sawdy each netting four markers.

Next Week's Games for Jan. 21

Dental vs. PT-OT—5:00 p.m.
Internal Medicine vs. Drug Screening—6:00 p.m.

OR vs. POGA—7:00 p.m.
Personnel vs. Lab—8:00 p.m.
All games are played in the gymnasium.

Volleyball league to start

Entries for the 1976 Intramural Volleyball league are now being accepted in the Athletic Director's Office, building 38.

The league is tentatively scheduled to start February 19th. Only active duty military attached to the Naval Regional Medical Center, Oakland, are eligible to participate. Rosters are limited to 12 players.

The top team will represent NRMC in the Twelfth Naval District Volleyball Championships.

The deadline for entries is noon on February 11th. Entries may also be called in to extension 2350.

Intramural Basketball Standings through January 7

Team	Won	Lost
1. Personnel	4	0
2. Lab	4	0
3. POGA	4	0
4. PT-OT	3	1
5. EENT	3	1
6. OR	1	3
7. Dental	1	3
8. Internal Medicine	0	4
9. Drug Screening	0	4
10. PMT	0	4

WANTED!

If you're wanted for any of the following, please turn yourself in to the Athletic Director, Ron Brown, at extension 2350.

Handball players are needed to represent NRMC in the 12ND Handball Championships being held at NAS Alameda on February 16-20, 1976.

The 12ND Wrestling Championships will be held on February 7th at Mare Island Naval Shipyard, Vallejo, California.

Personnel interested in judo competition and desiring to represent NRMC in the 12ND competition on February 21st at NAS Moffett Field should notify the Athletic Director, pronto!

The "One-on-One" basketball tournament will start the week of February 23rd. Sign up in the gymnasium or with Ron Brown. Active duty only!

CHAMPUS PATIENTS	UNIFORMED SERVICES FACILITIES		CIVILIAN HEALTH AND MEDICAL PROGRAM OF THE UNIFORMED SERVICES		
	Hospitalization/Outpatient		Basic Program		Program for the Handicapped
			Hospitalization	Outpatient	
Spouse or child of active duty member	On a space-available basis		Eligible, but may need non-availability statement	Eligible	Eligible
Retired member	On a space-available basis		Eligible*	Eligible*	Not eligible
Spouse or child of retired member	On a space-available basis		Eligible*	Eligible*	Not eligible
Surviving spouse or child of deceased active duty or retired member	On a space-available basis		Eligible*	Eligible*	Not eligible
Dependent parent or parent-in-law of active duty, retired, or deceased member	On a space-available basis		Not eligible	Not eligible	Not eligible
COSTS	Hospitalization	Outpatient	Hospitalization	Outpatient	Program for the Handicapped
Spouse or child of active duty member	\$3.90** per day	No charge	\$3.90** per day or \$25, whichever is greater	20% of allowable charges above the deductible (first \$50 each fiscal year -- \$100 maximum per family)	Patient's share per month depends on paygrade of sponsor -- \$25 for E-1 to \$250 for O-10. CHAMPUS pays remainder up to \$350 per mo.
Retired: Enlisted	No charge	No charge	25% of the allowable medical facility charges and professional fees	25% of allowable charges above the deductible (first \$50 each fiscal year -- \$100 maximum per family)	Not eligible
Officer	Subsistence	No charge			
Spouse or child of retired or deceased member	\$3.90** per day	No charge			
Dependent parent or parent-in-law of active duty, retired, or deceased member	\$3.90** per day	No charge	Not eligible	Not eligible	Not eligible

*Unless eligible at age 65 for Medicare hospital insurance
**For calendar year 1976. The amount is subject to review and change each year.

The OAK LEAF



Vol. 38, No. 3

NAVAL REGIONAL MEDICAL CENTER, OAKLAND

Friday, January 30, 1976

Enlisted Mess to reopen in building 133

In July 1975 the Enlisted Mess Open was razed to give way for construction of the new regional medical warehouse. Previous proposals for new construction and renovation of existing buildings have proved fruitless because of austere Department of Defense funding.

A grant of funds from the Chief of Naval Personnel has been received, along with approval to utilize available Mess resources. Renovation of building 133 will begin on Monday, Jan. 26, 1976. The building is located near the Mountain Boulevard entrance to the Naval Regional Medical Center complex.

The remodeling of the building will provide full club facilities, including a complete food service operation. The completion date for the renovation is unknown; however, the order for "full-speed ahead" has been directed by RADM H. A. Sparks, the Commanding Officer.



RADM H. A. SPARKS holds center stage as he briefs the Inspection Team concerning NRMCO Oakland. Admiral Lonergan and Captain Mateik are to his left.

IG and BUMED complete inspection

Command inspection by the Inspector General, Medical, RADM W. M. Lonergan, MC, USN, and his assistants, has been conducted Jan. 15 through 30, 1976. Besides Admiral Lonergan, the BuMed team includes CAPTs E. D. Mateik, MSC, USN, and J. C. Smout, MSC, USN, Medical; Capt. R. E. Osman, CHC, USN, for Religious Matters; CAPT J. E. Schanberger, MC, USN, for Graduate Medical Education; CAPT K. Wilson, NC, USN, for Nursing; LCDR E. E. Brighton, SC, USN, for Supply Matters; LCDR A. O. Woods, MSC, USN, for HM Training; and Mr. B. Tow, GS-13, for Public Works Matters.

(Continued on page 5)

Black History Week set at NRMCO

The week of Feb. 9-13, 1976, will be observed at NRMCO Oakland as Black History Week, and a special program will be held in the main dining room at 2 p.m. on Thursday, Feb. 12.

Last year's program was an outstanding success, with some 350 persons in attendance. This year's speakers will include Mrs. Julia Robinson, of Langley Porter Institute, San Francisco; Mr. Morrie Turner, from the Oakland Tribune; and Pastor J. Alfred Smith of Allen Temple Baptist Church.

The theme of Black History Week is **WORKING TOGETHER IN THE BICENTENNIAL YEAR**. All Hands are invited and urged to be present.

AMERICA

...For All Americans

The contributions of black Americans to our nation are given special recognition during February 1976, which has been designated as Black History Month. "America for all Americans" is the theme of this fiftieth annual celebration of Afro-American history.

Blacks have been actively involved in the history of America from the time of its discovery and exploration. It is strongly asserted that Pedro Alonzo Nino, pilot of one of Columbus' ships during the 1492 voyage, was a man of black ancestry, and that Diego el Negro, who sailed with Columbus on his fourth voyage in 1501, was a Negro.

However uncertain these claims might be, subsequent involvement and patriotism of blacks in the making of America are undisputed historical facts. Yet, until recently, such facts were seldom included in history books. Black History Month aims at increasing an awareness that the black presence in virtually every field of endeavor is woven inextricably into the whole American fabric.

During this Bicentennial year, American history recounts that Crispus Attucks, a black seaman, was the

first to die in the revolution, and that 5,000 blacks joined the fight for freedom from England. Moreover, blacks in uniform have made noteworthy contributions throughout American military history.

Black soldiers and sailors were there during the War of 1812 and in the Civil War. They were there as the "Buffalo Soldiers" during the winning of the Southwest. They were there as chaplains and fighting forces during the Spanish American War and the Philippine intervention. They were there in World War I: although black Americans comprised 9 per cent of the draft eligibles, 13 percent of the enlisted corps were black. And they were there in World War II, the Korean War and the Vietnam War—and as always, fighting, dying, and receiving decorations for valor.

In 1976, black American men and women continue to serve in the U.S. Armed Forces. Through their dedication and service they are writing contemporary black history and American history, while sharing the responsibility and credit of protecting "America for all Americans."



the Chaplain's Corner

BUOYANCY IN WORK, REPOSE IN SLEEP

It has not been too hard for me to help those distraught persons carrying the millstone of past mistakes around their necks. There is aid to be given to those desperate souls bearing the dead weight of misdeeds upon their shoulders. But there isn't a great deal that can be done for the man who has no idea of what he really wants from life. And yet, there's nothing in the world which helps a man surmount his difficulties, survive his disasters and keep his health as the knowledge of a life task worthy of his devotion. When a man can take a sheet of paper and a pencil and put down in clear, decisive statement just what he wants in this life, he's back on the main road; and life takes on a flavor and zest that the aimless never know.

Someone has noted that man has 2-1/2 minutes of life - one to smile, one to sigh, and a half to love. And it is in the midst of the half that he dies. In the shortness of my earth life I have a very precious store of energy and it is not to be squandered. It is good sense to undertake no task or set out to reach no goal until I have convinced myself that the purpose is good and that reaching it will be worth the effort. With that condition satisfied, I will never feel myself restricted in any way, either mentally or physically. Better still, there is buoyancy in my work and leisure, and repose in my sleep.

CDR L. Wayne Rushing, CHC, USN

Martin Luther King remembered

Memorial services honoring Martin Luther King Jr., were held in the Chapel of Hope on Jan. 15, 1976.

"Ye have heard that it hath been said, An eye for an eye, and a tooth for a tooth: But I say unto you, That ye resist not evil: but whosoever shall smite thee on thy right cheek, turn to him the other also." (Matthew 5) So began LNC Clarence Atterbury's reading of the scripture which formed the basis of Chaplain L. Wayne Rushing's memorial meditation.

The philosophy and memory of Martin Luther King have not been forgotten, as evidenced by the standing-room-only crowd attending the service.



NAVAL REGIONAL MEDICAL CENTER,
OAKLAND, CALIFORNIA

RADM Henry A. Sparks, MC, USN,
Commanding Officer

CAPT Ira J. Woodstein, MC, USN,
Director of Clinical Services

CDR Hubert H. Sowers, MSC, USN, Director of Administrative Services

CDR Emery J. Hatch, MSC, USN, Public Affairs Officer and THE OAK LEAF Advisor

Editor: Jo Spivey, Kathy Vantine, Assisting
Photography: HM1 Steven L. Spring, HM2 T. J. Town, HA "Smokey" Greer, Jo Spivey

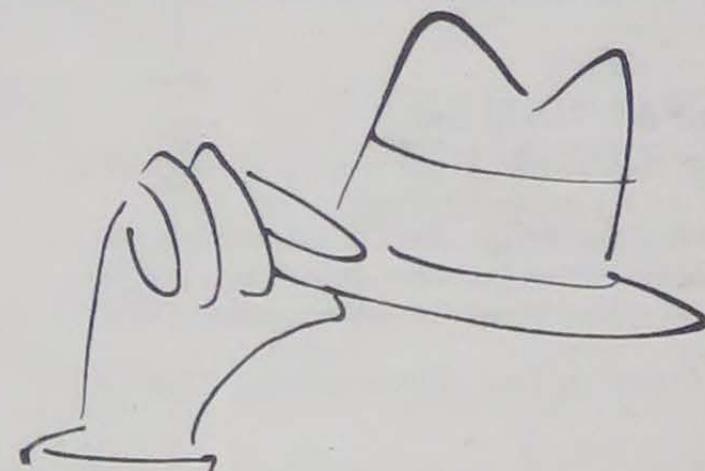
THE OAK LEAF is a semimonthly publication produced commercially with appropriated funds in compliance with NAVEXOS P-35, Rev. Jan. 1974. Opinions contained herein are not official expressions of the Department of the Navy.

THE OAK LEAF receives American Forces Press Service and NAV NEWS material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Regional Medical Center, Oakland, Ca. 94627.



RADM HENRY A. SPARKS signs a letter of agreement as **Bruce Garrison, Ph.D., Mr. Richard Osmanski and William Parkos, Ph.D.,** from Northern Colorado University (NCU) watch. The NCU will be offering a program for obtaining a master's degree in business administration with specialization in health care management. (Education and Training can provide further details about this new opportunity.)



Hats off to "Outstanding" employees

Civilian employees are evaluated annually by their supervisors on their work performance. When an employee is judged "Outstanding," it is a truly singular tribute. It also means that a supervisor has taken time to critically evaluate the total performance of the individual. Quality of work, quantity of work and the employee's adaptability receive judgmental evaluation.

A NRMC Oakland instruction gives guidelines for the rating. "A rating of Outstanding recognizes an employee whose performance has been sustained at a truly exceptional level above the performance standards of the position."

Meeting those qualifications and honored in a special ceremony in the offices of the Commanding Officer are the following very "exceptional" civilians: Julia Clouse, administrative assistant at

the Naval Dispensary, Treasure Island; Elee Cross, housekeeping aid; Rutha Jones, food service worker in Food Management Service; Drusilla Joseph, housekeeping aid; Lela Mattos, supervisory clinical nurse; Elnora Mixon, housekeeping aid; Arthur Moser, medical technician (chemistry) in Laboratory Service; Margaret Nielson, editorial assistant in Clinical Investigation Center; Leon Pence, medical technician at the branch clinic, Concord; Lucille Showaker, clerk typist in Ob-Gyn; Mary Smith, nursing office clerk; Robert Valentine, hospital file clerk in Outpatient Service; Rachel Wells, Food Management Service; Elizabeth Winsby, contact representative in Patient Affairs Service; and Helen Zlibin, medical records technician in Surgery Service.



Riley elected chairman

The Bay Area Federal Safety Council unanimously elected Matthew W. Riley as chairman. Mr. Riley is NRMC's safety manager.

The Council is made up of personnel from federal establishments which are located in designated geographical areas throughout the United States and outside the United States. Their purpose is to advise the Secretary of Labor on matters relating to the occupational safety and health of federal employees.



LTJG Edward L. Robinson

O' Club has new manager

Replacing LTJG Jay Roberts as manager of the Commissioned Officers' Mess (Closed) is LTJG Edward L. Robinson, a young man new to the Navy. He comes to us with a background that should eminently qualify him for his position. LTJG Robinson came directly into the Medical Service Corps, from the Cornell University School of Hotel Administration. His degree—Masters of Professional Studies.

He says food comes first as a hobby even before skiing and tennis. Incidentally, in his 25 years, Edward has acquired no ring on that special finger of the left hand. He is staying at the BOQ, Treasure Island.

He says he is looking forward to the challenge of his job. He invites helpful suggestions and wants people to continue to look forward to exciting times at the O' Club.

All this came about when it was determined that the time had come for LTJG Jay Roberts, who served as manager of the O' Club from January 1974 to January 1976, to familiarize himself with the operations of Food Service. Thus he has turned attention from recreational feeding of the military to hospital oriented feeding or health care. His title is Assistant Food Service Director.

Upon his transfer from the O' Club to Food Service LTJG Roberts received a Letter of Appreciation for a job "well done."

Staff Babies



BORN AT Naval Regional Medical Center, Oakland, ... on Jan. 6, 1976, Joseph Anthony Martorano, 7 pound 4 ounce son to Lynnettmari and HM3 John J. Martorano... on Jan. 10, Bob William Abujen, 8 pound son and Melissa Kathryn Abujen, 7 pound 5-1/2 ounce daughter to Guadalupe and HM2 Bob W. Abujen... on Jan. 13, James Paul Carter, 9 pound 1-1/2 ounce son to Linda Lou and HA Lowell J. Carter.

WHO'S BEEN DOING WHAT...

Reenlisted

HM2 Eduardo O. Almodovar, 1st reenlistment, Bacteriology

Augmented

LCDR John H. Dalton, MC, Pediatrics
LCDR Edward C. Rainey II, MC, Ob-Gyn Resident

Promoted to

CDR Larry H. Culp, MC
CDR James W. Hammel, MSC
CDR Emery J. Hatch, MSC
CDR Arlene Mills, NC
CDR Francis A. Teague Jr., MSC
LCDR Neil R. Petersen, MSC
LCDR Ivan D. Howard, MSC
LCDR Joseph R. Steiner, MSC
LTJG Kathy A. Crispell, NC
LTJG Gene D. Hart, MSC

Advanced

To HM3...
William Hollzwarth
Brett Moore
Cynthia Nobliski
To PN3...
Robert Miller

Letters of Appreciation

LT Cody Martin, NC
LTJG Jay R. Roberts, MSC

Enlisted Hail and Farewell

Enlisted Reporting

From Naval Hospital Corps School, Great Lakes, Ill., HM3 Kirk Brown, HNs Robin Howard, Eva Uhlig, HAs Keith Ranningan, Susan Williams, Charles Warren; from NSHS San Diego, HM3s Leopoldo Loanzon, Bienvenido Malonzo, HNs Cathy Dickinson, Joselito Narcisco, HAs Stephen Blackburn, Judith Brown, Terry Harter, Dixie Phifer; from NRMCO Long Beach, Ca., HN Mary Noble; from NRMCO Portsmouth, Va., HM3 Edward DeJose; from NH Taipei, Taiwan, HM1 Ida Trollinger.

Enlisted Detaching

To NRMCO Branch Dispensary, Seattle, HM2 David Powell Jr.; to NH Orlando, Fla., HN Pamela Dickinson; to FMSS Camp Pendleton, Ca., HNs Robert Jelsma, David Mongar, Thomas Stafford; to NS San Diego, HM3 John Colony; to NRMCO Long Beach, Ca., HN Jerry Powell; to Submarine Squadron 15, PNSN Robert Miller; to NRMCO Portsmouth, Va., HA Pat Shafer; to NSSD Washington Navy Yard, HM3s Gregory Campbell, Robert Ray Jr., HN Miguel Hernandez; to Navy Medical Neuropsychiatric Research Unit, San Diego, HN William Taylor; discharged, HM1 Gary Burkhardtmeier; released from active duty, HM2 Timothy Young, HM3 Christopher Tindall, HNs Guy Fahnhorst, Robert Mongue.

SPECIAL ANNOUNCEMENT

A groundbreaking ceremony for the construction of the Alameda Coast Guard Federal Credit Union is Friday, Feb. 6, at 11:30 a.m. Officials from the Credit Union, the Coast Guard and the Medical Center will be present.



Fred Taylor elected housekeeping pres

If you're standing near an elevator and note a gentleman stoop to retrieve a bit of litter someone missed throwing at the smoking stand, the man just might be Fred Taylor. He's just being himself after a lifetime of housekeeping awareness.

On Jan. 17, Fred was elected and installed as president of the newly formed Oakland Bay Area Chapter of the National Executive Housekeepers Association. For many years the executive housekeepers of this area were part of the San Francisco Chapter. There are some 30 Bay Area health care institutions involved in the professional association. Because it took 12 months of diligent effort to prepare the groundwork and recruit the 40 members for the new chapter, Mr. Taylor resigned as president of the San Francisco Chapter in January 1975.

He started work at NRMCO in 1969. In 1973 he was granted administrative leave to obtain his national certification, which required 160 hours of instruction in courses such as purchasing, budgets, safety practices, environmental controls, personnel management and housekeeping techniques.

Over the years, Mr. Taylor has shared his professional skill with many of his associates and has been instrumental in convincing several retired military personnel to choose positions as executive housekeepers. Among them are Ollen Langston (LCDR, MSC), with Mills Memorial Hospital; John Wall (HMCS), with Kaiser, Walnut Creek; Dick Langley (DTM), also with Kaiser, Walnut Creek; Bob Walton (HMCS), with Fremont Schools System; Don Hofer (HMCS), as assistant at Samuel Merritt Hospital, Oakland; George Hatcher (HMCS), at an out-of-state hospital.

Mr. Taylor is to be complimented on his professional achievements. He states, "With employee productive time (actual cleaning) averaging 20 cents per minute, gains of just 10 minutes per day in productive time easily yield true savings of several hundred dollars per year, per employee."

More Who's Been Doing What...



Yassou Greek Dancers entertain

On Nov. 8, 1973, the Yassou Greek Folk Dancers gave their first performance here. They had no costumes, little experience and little publicity, hence practically no audience.

Fri. 23, 1976, was a different story. They were back again in authentic, hand-sewn, elaborate costumes, performing an hour of native dances at the Clinical Assembly. They proved so delightful they were invited, and graciously consented, to take their Grecian folkloric to the Commissioned Officers' Mess (Closed) for the enjoyment of some 140 guests gathered to honor VIP personages aboard. Many of the guests joined in the dances.

CAPT E. D. Mateik, MSC, USN, Executive Assistant to the Inspector General, expressed particular enthusiasm for the troupe. His wife is from Greece, and has given him first hand appreciation of the songs and dances of her native land.

The dancers performed a potpourri of movements. Their instructor, Ann Marcoulis, first explained the steps, which stemmed from the mainland, the islands and the taverns. She interpreted the songs, but when the shepherds leaped in springs of joy to the exciting music and song of the sheep owners' daughters, there was scarce need for interpretation.

Blood Bank accredited

The American Association of Blood Banks (AABB) announces that the Naval Regional Medical Center of Oakland has been accredited by the Association for another 2-year period.

This certifies that the level of technical and administrative performance within our blood bank and transfusion service meets or exceeds the standards established by the AABB.

Bernice M. Hemphill, president of the AABB, emphasized that "the patient who receives a transfusion of blood provided by a blood bank accredited by the American Association of Blood Banks can have full confidence that the bank has voluntarily met high standards of procedures and is continually striving to offer the best service possible."

This blood bank is one of more than 1,700 blood banks in the United States which have been accredited through this program.

Personnel of NRMCO will be given yet another opportunity to support this program at the next Irwin Memorial Blood Bank drive set Tuesday, Mar. 9.

Officer Hail and Farewell

Officers Reporting

LCDR Gary L. Franssen, MC, from NAS Lemoore, to Anesthesiology;
LCDR Steven C. Gibbs, MC, inactive, to Psychiatry;
LCDR Alice A. Moyer, NC, from NRMCO Charleston, S.C.;
LCDR Robert E. Van Valkenburgh, MC, from NH Taipei, Taiwan, to Anesthesiology;
LT Martha R. Franssen, NC, from NAS Lemoore;
LT Elwood W. Hopkins III, MC, inactive, to Neurology;
LT Claudette Scarborough, NC, from NH Port Hueneme;
LTJG Joan M. White, NC, from Pensacola, Fla.

Officers Detaching

LCDR Jane Barthmaier, NC, to NRMCO Bremerton, Wash;
LT Marilyn Edgar, NC, to Iwakuni, Japan;
LT Cody Martin, NC, to Camp Pendleton, Ca.;
LTJG Carol Brown, NC, RAD;
LTJG Nia C. Gober, NC, RAD;
LTJG Carl Lewis, NC, to Subic Bay, PI.

Women Marines commemorate reopening to women in 1943

The San Francisco chapter of the Women Marines Association will hold its 33rd Anniversary Luncheon on Saturday, Feb. 7, at the Marines Memorial Club in San Francisco. Women Marines and former Women Marines, association members and their women guests are invited to attend the social hour at 11:30 in the Crystal Lounge and the 12:30 luncheon in the ballroom.

For information please call Lenore Mathews, 454-9150 or 564-6618.

H 5-W to have magic H

U Tonight, Jan. 30, at 7 p.m.,
R there will be a one-hour show in
R Ward 5-West for all patients.
Y Ronald Hill, comedian, will
bring his wit; Paul Bridger will
perform magic.

PLAN FOR

Enlisted Valentine Dance
Feb. 13
Commissioned Officers'
Mess (Closed)
live band

Congratulations! Board Certified

CDR Robert L. Donnell, MC,
Medical Oncology

LCDR Michael J. Hearne, MC
LCDR Daniel J. MacNeil, MC,
Cardiovascular Disease

LCDR Emmet B. Keefe, MC,
Gastroenterology

CAPT Vernon L. Goller, MC
CDR William L. Gill, MC
Neonatal-Perinatal Medicine

LCDR Michael J. Hogan, MC
Endocrinology and Metabolism

Pet immunization scheduled

Preventive Medicine Service, in cooperation with the Veterinary Services of Letterman Army Medical Center, will sponsor a pet immunization clinic Feb. 17 between 9 a.m. and 11 a.m. in the area of the loading dock by the Post Office, building 101.

Vaccinations scheduled are:

Innoculations	Minimum Age of Pet
Rabies	4-1/2 months
Canine distemper	8-9 weeks
Feline distemper	8-9 weeks
Distemper booster	Yearly until 8-9 years old

for

Feb. 17



A minimal fee will be charged to cover the cost of the vaccine; the service is free.

Friday, January 30, 1976

Inspection

(Continued from page 1)

When an inspection team comes aboard, it is almost as if each Service, through the eyes of Washington, gets both an objective and subjective mirror image of what they really are doing. The evaluation covers the effectiveness of the command, adequacy and management of available resources, organization including compliance with directives, and the quality of health care and training programs.

For the personnel carrying on the inspection, compliance with the objectives contained in OPNAVINST 5040.7G calls for mostly all work and no play. Even the Inspector General himself confessed to a day extending frequently from 7 a.m. to 9 or 10 p.m.

Every phase of operation of the hospital is reviewed. If NRMCO's laundry seemed to receive a slight bit more attention than some other departments, it is understandable. Admiral Lonergan began his Navy career as a corpsman there in 1944. He personally toured that operation. Also, it was not the first time here for LCDR A. O. Woods. He was Chief of Patient Affairs when he detached in May of 1974, having seen duty here since 1968.

A final report of the team's findings with such recommendations as may be considered appropriate will be submitted to the Command at a later date. One member of the team, CAPT K. Wilson, hinted that she believes NRMCO Oakland will survive its circumspect evaluation quiet nicely.

Whatever the report, the team has earned our tribute of "Well done," and the Command can vouch that their hard labors certainly earned for them last Friday night's evening of relaxation at the buffet dinner at the O'Club.



TRANSFER TELEPHONE CALLS properly. Nobody likes to be transferred, so always help the caller yourself if possible. If you must transfer, do so properly; and always make sure the caller understands he is being transferred and why. For instance, "Mrs. Evans, I believe the Personnel Office can help you. May I transfer you?"

Never use lighted candles in molded polystyrene foam or other plastic holders or near decorations made of these materials. When they burn, they quickly give off highly toxic fumes which could be fatal. Instead, use sturdy metal or wooden holders that won't tip over.



SEAMAN TINA JONES shoots pool with AG2 Jim Houck at the San Francisco USO.

(Official U.S. Navy Photo)

USO, a place away from home

Bored with evenings at the BEQ in front of TV? Not tuned in to local bars? Waiting for our Enlisted Mess to be reopened? Try the USO—it's free and it's fun!

For over 30 years the USO's have been boosting the morale of armed forces personnel and helping whenever and wherever they can. In the Bay Area, there is no slacking off. Maybe your own CFC dollars have helped see to that.

There are three main USO's in the Bay Area. The San Francisco USO is at 1019 Market Street; the Oakland USO, at 518 17th Street; and a lounge, at the San Francisco International Airport.

The San Francisco USO has a dining area where a gourmet dinner is served every Friday night for only \$1. There is live music in the basement for dancing and a variety of entertainment—books,

Dental Health Week begins Monday

National Dental Health Week is Feb. 2 through 8. It is one week of the year when emphasis is put on teaching good dental health habits. Dentists frequently lecture within the schools, and flossing particularly is stressed.

Within the Dental Service of NRMCO it is agreed that the application of fluoride to teeth helps protect them from decay.

Dependents of active duty staff personnel of NRMCO are eligible to have their teeth cleaned and topical stannous fluoride applied. Ask your dentist for fluoride protection. A fluoride toothpaste is also recommended.

If you are eligible for dental service, phone 639-2255 for an appointment. Please remember that the proper use of a toothbrush and dental floss is as important as the frequency of use. The Dental Service has available a film on flossing and proper dental procedures which patients may ask to view.

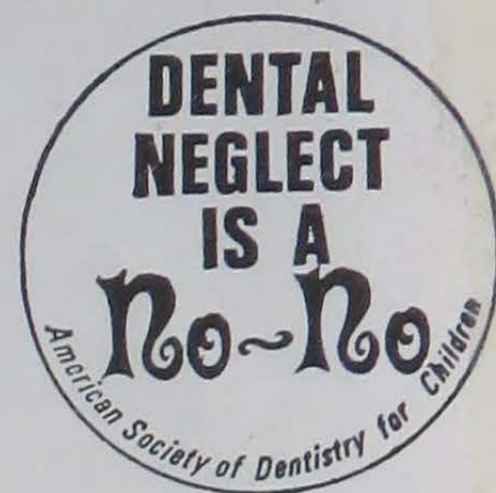
Once proper techniques are learned, remember that it has been proven that a lower intake of sugar reduces decay also. Dental Service's admonition is "Go easy on between-meal sweets!" Try fresh fruits or finger foods such as celery or carrots for that between-meal snack.

And stretch Dental Week into Dental Year.

record players, chess partners, a place to write a letter home.

The Oakland USO is smaller, but it is a home away from home where you can be comfortable—a place to cook, should you feel inclined; pretty junior volunteers are there to make you feel at home.

Watch area bulletin boards, too, for special trip announcements. The USO offers just about anything a service man or woman wants. For you, included!



THE SHORT SHEET

West Virginia seeks Vietnam veterans

Whether an applicant served in Vietnam or not, if he qualified during that conflict as a veteran, he may be eligible for a bonus. West Virginia authorities state that only 78,000 of 110,000 eligible veterans have made claims. Maybe your state is looking for you! Check eligibility with the Legal Service, ext. 2482.

Insurance costly for drunk drivers

An unmarried serviceman could pay hundreds of dollars more for insurance coverage after being convicted of driving while intoxicated, service traffic safety officials said. The conviction remains on insurance company records for at least 3 years, further boosting the premium rates.

VA will pay for GI tutoring

If any veterans and servicemen currently enrolled in college under the GI bill need tutoring this fall, the Veterans Administration will pay for it. VA officials announced that under the current law the VA is authorized to pay up to \$60 per month for tutoring, not to exceed a total of \$720. Tutorial benefits are also available to widows, wives and children who are studying under the VA's Dependents' Educational Assistance Program.

SPORTS

Scenes by the Side Lines

By Ron Brown

Intramural Basketball Games of Jan. 14

Personnel, POGA share loop lead

Enjoying a good second half has enabled Personnel to stay unbeaten along with POGA as both won their games in fine fashion. Personnel defeated Dental by a score of 70-44 after leading only 29-22 at the half.

POGA had their toughest night as they defeated a strong five from Lab by a score of 37-31. Lab had previously been undefeated.

PT-OT defeats Internal Medicine

In the other game played, PT-OT squeaked by Internal Medicine by a score of 40-33. Britt Blum led the winners with 10 points on five field goals. Art Davies and Mick Broz aided their cause with nine points each. Lou Unis and Mike Drudy followed with six points each.

Vic Velasco led the losers with 14 markers on six field goals and two free throws. Ken Snodgrass and Vaughn Marshall each had five points in a losing cause.

POGA's battle with Lab

Jim Rees led POGA with 13 points along with his key rebounding to pace POGA. Bob Woodruff chipped in six points to aid the winners.

Gene Sarha led Lab with 14 points on five field goals and four free throws. Steve Wojdat kept his team in the game until the end as he netted eight points on three field goals and two free throws. Mike Doering followed with four markers.

Scavuzzo stars for Personnel

John Scavuzzo led Personnel with 17 points on seven field goals and three free throws in their 70-44 win over Dental. I.D. Howard and Fred Booker followed with 12 points each to aid Personnel's win. Jerome Conerly and Steve Sorgen followed with nine and eight points.

Jose Davila led the losers with 11 points followed by Gary Sawdy with 10 points.

Games of Jan. 21

POGA "rules the roost"

"How long?" seems to be the question, but right now POGA (Peds/OB/Gyn/Anesthesiology) says "Forever!" as they jump into the lead in the 1976 Intramural Basketball League at NRMC. They are proud of their record of 6-0 as they hold the distinction of being the only undefeated team in league play. Lab bounced back from last week's loss to POGA with an upset victory over Personnel by a score of 54-74, giving Personnel their first loss of the season.

Dental upsets PT-OT

With team captain Gary Sawdy paving the way with 14 points, Dental upset high riding PT-OT by a score of 51-45. The way Dental has been playing lately it was just a matter of time before they got back into the win column.

Aiding Sawdy in scoring was Dwight Urquhart with five field goals good for 10 points. Niles Ersland followed closely with nine points on four field goals and one free throw.

Art Davies led PT-OT with 20 points on eight field goals and four free throws. Lou Unis split the net for 13 points in a losing cause.

Internal Medicine humbles Drug Screening

Vaughn Marshall and Larry Eninger shared scoring honors in this game with 18 points each as Internal Medicine shellacked Drug Screening by a score of 70-82. Vic Velasco aided his team's cause with 16 markers, followed by Rick Blevins with 10 points.

Jack Lundberg and Ralph Spears each had 10 points in a losing cause, followed by Mike Trujillo with eight points.

POGA maintains pace

Using balanced scoring as an attack enabled POGA to stave off a second half scoring spree by OR as POGA went on to defeat OR by a score of 48-35. Doug Hein led POGA with 10 points on four field goals and two free throws.

Mike Masters, Jim Rees and Pat Colletti each garnered eight points to aid POGA in their win.

Terry Noyes led OR with 10 points, followed by Bernard Berry's nine points.

Lab upsets Personnel

Mike Doering captured scoring laurels in this big win for Lab as he garnered 19 points on six field goals and seven free throws. Howard Chase and Dave Owens each had 12 and 11 points.

Jerome Conerly led the losers with 16 points followed by Tom Dierckman with eight points.

Next Week's Game for Feb. 4

PT-OT vs. POGA—5 p.m.
Internal Medicine vs. OR—6 p.m.
EENT vs. Personnel—7 p.m.
Dental vs. Lab—8 p.m.
All games are played in the gymnasium.

Intramural Basketball Standings as of Jan. 21

Team	W	L	Pct.
POGA	6	0	1.000
Personnel	5	1	.833
Lab	5	1	.833
EENT	5	1	.833
PT-OT	4	2	.666
OR	2	4	.333
Dental	2	4	.333
Internal Medicine	1	5	.167
Drug Screening	0	6	.000
PMT School	0	6	.000

Sports schedules set

The Twelfth Naval District will be sponsoring several sports tournaments in the near future. If you excel in any of the following sports, contact the Athletic Director, Ron Brown, at 639-2350 for signups and further information.

The Wrestling Championships will be Feb. 7 at 8 a.m. at the Naval Support Activity, Mare Island, Vallejo. There are 10 weight classes in which a command may enter an unlimited number of entries. First place winners qualify for the West Coast Wrestling Championships held in Seattle on Feb. 23-27.

Judo Championships will be held at the Naval Air Station, Moffett Field, on Feb. 21 at noon. There are six weight classes to be entered. First place winners qualify for the West Coast Judo Championships held Mar. 5-7 at Treasure Island.

Boxing Championships will be held Feb. 17-18 at the Naval Support Activity at Treasure Island. There are 11 weight classes and each participant must have an approved medical report dated not earlier than Feb. 12, 1976. First place winners qualify for the West Coast Boxing Championships at Seattle on Feb. 23-27.

Men's Handball Tournament will be held Mar. 1-5 at 1 p.m. at the Naval Air Station, Alameda. Each command may enter a maximum number of four singles players and two doubles teams in the tournament. The first four places in the singles competition qualify for the West Coast championships in singles and doubles competition to be held at the Naval Air Station, Alameda on Mar. 22-26. Entry deadline is Feb. 19.

Movie Schedule

Saturday, Jan. 31

LENNY — Dustin Hoffman, Valerie Perrine — Biographical Drama (R)

Sunday, Feb. 1

REPORT TO THE COMMISSIONER — Michael Moriarty, Yaphet Kotto — Crime Drama (PG)

Monday, Feb. 2

PHANTOM OF THE PARADISE — Paul Williams, William Einlay — Musical Horror (PG)

Tuesday, Feb. 3

HARD TIMES — Charles Bronson, James Coburn — Drama (PG)

Wednesday, Feb. 4

TAKE A HARD RIDE — Lee Van Clief, Jim Brown, Fred Williamson — Western (PG)

Thursday, Feb. 5

LADY SINGS THE BLUES — Diana Ross, Bitly Dee Williams — Musical Drama (R)

Friday, Feb. 6

WHO — Elliot Gould, Trevor Howard — Drama (PG)

Saturday, Feb. 7

THE ODESSA FILE — Jon Voight, Maximilian Schell — Suspense Drama (PG)

Sunday, Feb. 8

THE OTHER SIDE OF THE MOUNTAIN — Marilyn Hassett, Beau Bridges — Drama (PG)

Monday, Feb. 9

THE LAND THAT TIME FORGOT — Doug McClure, John McNery — Adventure (PG)

Tuesday, Feb. 10

DROWNING POOL — Paul Newman, Joanne Woodward — Mystery-Drama (PG)

Wednesday, Feb. 11

THE DARING DOBERMANS — Charles Knox, Tim Considine — Adventure (G)

Thursday, Feb. 12

RACE WITH THE DEVIL — Peter Fonda, Warren Oates — Drama (PG)

Friday, Feb. 13

ROOSTER COGBURN — John Wayne, Katherine Hepburn — Western (PG)



The OAK LEAF

Vol. 38, No. 4

NAVAL REGIONAL MEDICAL CENTER, OAKLAND

Friday, February 13, 1976

Mid winter's bluster

Ground broken for Credit Union



Photos by Steven L. Spring, HM1

In today's economy, when a financial institution shows a 42.7 percent growth rate in assets for the year 1975, it is news. It is to be expected that somewhere down the line operation management must note that growth and make physical changes to accommodate.

On Friday, Feb. 6, at Naval Regional Medical Center Oakland such accommodation began with the lifting of a first shovelful of dirt on a compound site in the vicinity of the Bank of America and Education and Training offices.

Rear Admiral H. A. Sparks, MC, USN, Commanding Officer of the Medical Center; Captain D. W. Starr, Chief of Staff, Twelfth Coast Guard District, San Francisco; and Captain Paul W. Meyer, USCG, Commanding Officer, U.S. Coast Guard Training Center, Government Island, Alameda, Ca., each wielded a gold handled shovel. The ground-breaking signaled construction of a new building for a subsidiary "Oak Knoll" office of the Alameda Coast Guard Federal Credit Union (ACGFCU).

A short 3 years ago, the offices of the Credit Union on the Oak Knoll compound was open twice a week for 2

hours. In 1973 hours were expanded to 5 days a week, 6 hours a day, and a small expansion was accomplished at that time. In 1973 also, interest rates went to 7 percent on regular accounts. Over a 5-year period assets of the ACGFCU increased from about \$4 million to \$23-1/2 million. Membership increased from 7,309 to 19,995 members.

Eligibility for membership in the ACGFCU includes military and civilian personnel of the Naval Regional Medical Center; the U.S. Coast Guard assigned within the Twelfth Coast Guard District; members of the U.S. Armed Forces eligible for and receiving benefits from the two installations and persons retired from those services; also certain immediate family members as prescribed.

Miss Peggy Griffin is the manager of the subsidiary office. She has hopes that by August 1976 the credit union will be fully operational in its new 6,100 square foot building—estimated to cost \$500,000. The building is planned to accommodate wheelchair patients, and its contemporary design includes a safe deposit vault for individual deposit boxes and will afford all advantages of a full-service credit union.



THE MISS WHO REALLY DOES THE WORK for the ACGFCU is the Branch Manager, Peggy Griffin, shown above with the shovel. The Board of Directors, credited with much of the planning for the new "Oak Knoll" Credit Union are Mr. Neal Purseglove, Member; CAPT Carl

E. Johnson, USPHS (Ret), President; LCDR Antonnealle G. Townsend, USCG, Secretary; Mr. Woodrow W. Robarge, Member; CDR H. H. Sowers, MSC, USN, member (and Director of Administrative Services, NRMC Oakland); and Mr. Walter R. Terry, Treasurer/Manager.

C
U

M
E
E
T
I
N
G

HEAR YE! The annual meeting of the Alameda Coast Guard Federal Credit Union is Thursday, Feb. 19, 1976, at 3:30 p.m. The Porpoise Club, Government Island, Alameda, Ca., is the place. Refreshments and finger foods will be served; and everyone has a chance to win a door prize. Plan to attend.

The OAK LEAF

NAVAL REGIONAL MEDICAL CENTER,
OAKLAND, CALIFORNIA

RADM Henry A. Sparks, MC, USN,
Commanding Officer

CAPT Ira J. Woodstein, MC, USN,
Director of Clinical Services

CDR Hubert H. Sowers, MSC, USN, Director of Administrative Services
CDR Emery J. Hatch, MSC, USN, Public Affairs Officer and THE OAK LEAF Advisor

Editor: Jo Spivey
Photography: HM1 Steven L. Spring, HM2 T. J. Town, HA "Smokey" Greer, Jo Spivey

THE OAK LEAF is a semimonthly publication produced commercially with appropriated funds in compliance with NAVEXOS P-35, Rev. Jan. 1974. Opinions contained herein are not official expressions of the Department of the Navy.

THE OAK LEAF receives American Forces Press Service and NAV NEWS material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Regional Medical Center, Oakland, Ca. 94627.



NAVAL MEDICAL CENTER did not forget that this Nation has its foundation "In God We Trust." LT M. Skurja gave the scripture reading at the National Prayer breakfast on Jan. 29; and some 80 staff members arose early to be guests of the Chaplains on that annual occasion.



CONGRATULATIONS SIU GRADUATING CLASS 1976! The first cycle of students to complete Southern Illinois University's Off-campus Masters in Business Administration is (top row) CDR John A. Smith Jr, SC, USN; LT Victor G. Matl, MSC, USNR; LT Gerald L. Nordland, USN; LTJG John D. Zarkowsky, MSC, USN; CAPT Arthur T. Hurley, USAFR; (bottom row) LT Earl K. Mack Jr, MSC, USNR; (Base Coordinator Frances A. Zarkowsky); LCDR Lowell H. Kallen, MC, USN. (Not present, Mr. Nicholas Steblina)

the Chaplain's Corner

Living a productive and dynamic life can be an absorbing venture. A moment of deep communication with another person, a need that can be met by your efforts, a finished product made by your own hands—these are things which quicken our lives and bring enough joy to last through the rougher times. At such times we are hardly aware of the power that sustains us, for we are absorbed in the process.

The presence of God is the very heart and breath of our lives, the Power that sustains us in everything we do. Our faith ought to enable and sustain every act and attitude of our lives, but the effectiveness of life would be diminished if we were constantly measuring the power that makes it possible.

Life calls us to meet its demands, and we begin to exert ourselves as responsibly as we know how. But every now and then there comes the chance to pause and be aware of the Power that makes our lives possible. This is the pause that really refreshes and enables us to live life more fully.

God gives us life to live it, and it is in the responsible living of life as His gift that God is both glorified and enjoyed. How wonderful it is to pause for rest and renewal, aware that the Creator of all the universe is also the Giver and Sustainer of our lives!

CAPT JOHN E. THOMPSON, CHC, USNR

Phaseout of Red Cross Rec Workers poses critical question

The smiling lady in a blue and white pin-striped dress enters a ward room. After a cheery "Good morning, how are you?" she notices an air of boredom among the patients. Obviously the men need something to do to while away the hours.

As a Red Cross recreation volunteer, she has been trained to spot patients who need an activity to stimulate new thought. Many times she carries cards, games or puzzles so she can offer some diversion. Other times during a discussion she finds where their interests lie and makes note for return visits with a suitable activity.

Her volunteer work, whether it is one or more mornings or afternoons a week, is part of a program involving a large group of volunteers who are concerned. The training of these volunteers, scheduling and coordinating their activities, and working with them in meeting the recreational needs of the patients, are responsibilities of the Red Cross career recreation workers.

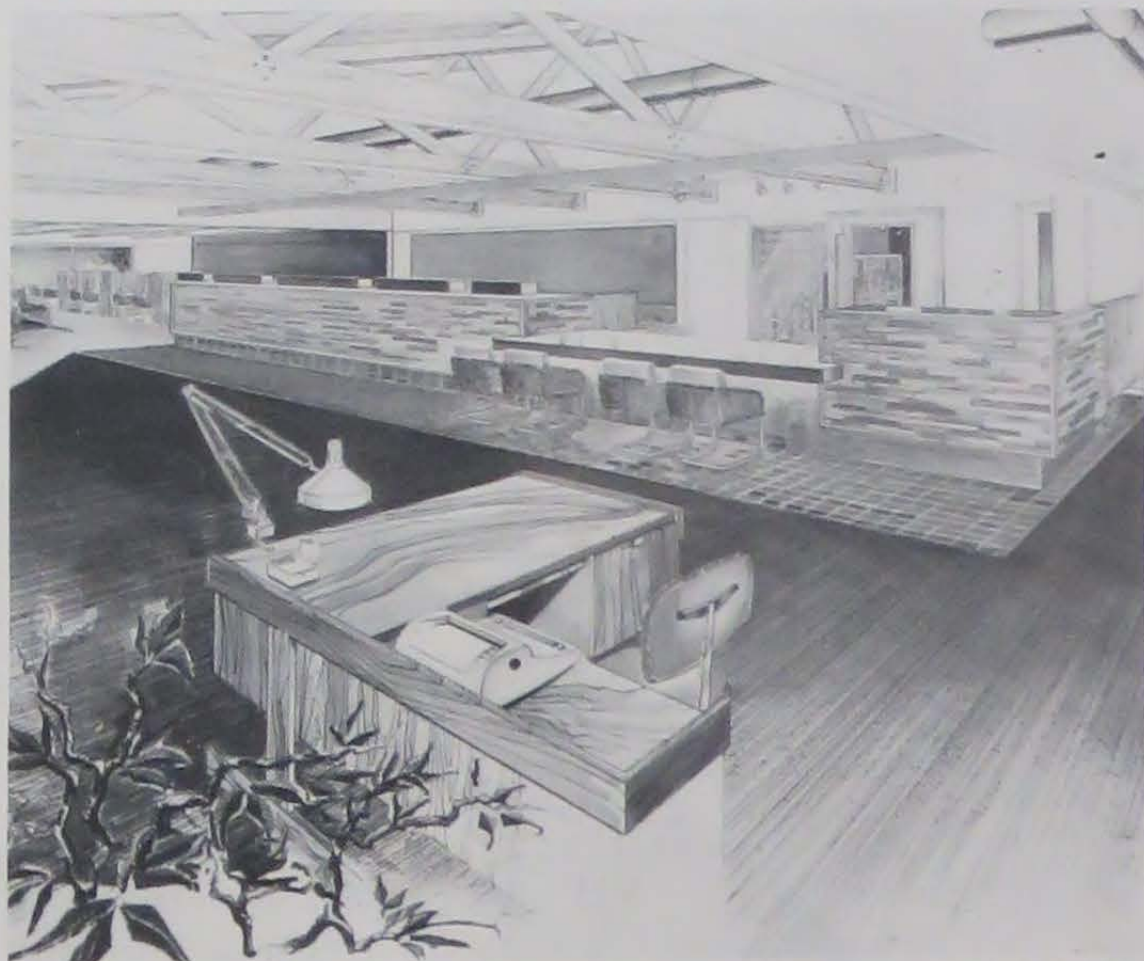
At this Center, Beverly Johnson, Margaret Gough, Ahava Martin and

Kathryn Van Ronzelen are the career staff members who plan, coordinate and maintain continuity of the recreation program carried on here.

Currently the American National Red Cross programs and structure are being closely studied by a special financial planning committee of the organization's Board of Governors. Mr. Charles Warfield, First Vice Chairman of the Board of Governors, is the chairman of the committee. Among the tentative proposals submitted for consideration is the phasing out of career recreational staff who supervise the recreation programs in military hospitals.

Such a phaseout would have a decided impact at NRMC Oakland.

Anyone who feels that a recreation program without career staff direction and expertise would not approach the effectiveness it now has should write to Mr. Charles Warfield, Special Planning Committee, American National Red Cross, 17th and D Streets, N.W., Washington, D.C. 20006. Speak up if you think our present program has value!



A BOLD OPEN DECOR sets the design for the new Alameda Coast Guard Federal Credit Union building



MAYBE KATHERINE TAYLOR deserves nomination as Sweetheart for the month of February?

Decedent Affairs Office has heart

The multitude of tasks within the office of Decedent Affairs are basically performed by one person, Katherine Taylor. In the last issue of THE OAK LEAF her husband Fred was introduced. Mrs. Taylor performs an equally important function here at Medical Center. She is the Decedent Affairs' civilian assistant.

She has the pleasant job of interviewing all mothers of the newborn and registering the vital statistics of their birth. But her job also entails handling a sadder reality of life—death. She must deal with the next of kin at a time which is frequently one of bewilderment, when, at loose ends, they feel engulfed by sadness.

At such a time it is very beneficial for the family to deal with someone who is kind and sympathetic, but also with someone who has knowledge of rules and regulations—Federal, State and County—which apply to an inpatient or active duty demise.

(Continued on page 4)

Stay calm!

In case of nosebleed

Last weekend the Ear, Nose and Throat Service took an educational display on nosebleed (epistaxis) to the California Medical Association meeting at the Hyatt Regency, San Francisco.

The display showed many of the causes of nosebleed in children and advised what should be done to stop the problem. Nosebleed may stem from an inherited allergy; it can be caused by picking, sneezing, harsh wiping, fracture, or it can be totally spontaneous.

The ice pack, however, is a passé method of treatment. It is far better to elevate the head and, as the poster shows, to apply digital (finger) pressure to the nostril. Of course, if epistaxis is frequently recurrent, a local or vascular abnormality may be suspected and home management is not the answer. In that event, consult your physician.

Bits and Pieces

The good news first: LT Cody Martin, NC, did not detach to Camp Pendleton, but received a Letter of Appreciation for services performed there. The bad news, this publication has to check up an error for having reported her as detaching.

And while in the confession mood, CAPT Vernon L. Goller's board certification should have headed that congratulatory list; however, once the paper has gone to camera, a reshoot can cost as much as \$50. Isn't it great how much we can save by not correcting our errors and by letting you find them!

"Shucks, do we really have to go to school this morning? We want to stay home and play in the snow!" That was the guff most parents in the Bay Area received on finding their lawns white last week.

"In Washington they set the watch when it snows," Marge Lesage reminded CDR Hubert Sowers, Director of Administrative Services.

"That's not here," the Commander informed Marge; but nevertheless PT/OT School sent its employees home early when the heating facilities proved very inadequate to challenge the dropping thermometer and chilling winds.



A FEB. 14 BIRTHDAY GAL is ENS Nancy Earle, NC, USN, who works on 8-West. A co-worker said, "She really is a sweetheart!"

Have we any leap-year birthdays on base?



LCDR STEWART BAUKNIGHT stands behind a poster which was exhibited by ENT Service at a recent medical association meeting. Number One direction for home management in case of nosebleed is to "Stay calm with head elevated."



INTRODUCING NEW beauty operators, Della Burns and Janice Welch.

Beauty Salon under new management

The Navy Exchange Beauty Salon, under new management, continues to cater to hair needs for men, women and children. Whether you want a hair raising or hair lowering (press) experience, the operators stand ready to give that new flair, offering hair styling, permanents, tints, bleaches, chemical relaxers, shampoos and sets.

The telephone number for appointments remains 639-2000; hours of operation are Tuesday through Saturday from 8 a.m. to 5 p.m. (Closed Sunday and Monday.)

Navy Lemoore's Sailor of Month



Hospital Corpsmen Third Class Phillip S. Fordice, recipient of two Purple Hearts, is Sailor of the month for Lemoore Naval Hospital.

He works in the Emergency Room at the Chief of the Day's desk at Naval Hospital Lemoore (where our former Executive Officer, CAPT Edwin B. Miller, is Commanding Officer).

Petty Officer Fordice was with the Third Marine Division in Dong Ha, South Vietnam, at the time he was wounded. He left the service in 1968 only to reenlist again in 1974 because he liked the Navy's preventive medicine program. His goal is to go to Preventive Medicine Technician School and to go on to receive his Bachelor of Science degree in Environmental Health.

Already he is working in that area. He recently took charge of and completed a health care survey in the family housing area aboard NAS Lemoore. He is the Restricted Barrack's Sick Call Corpsman, and in that position he organized a new system for conducting Sick Call at the barracks. His nomination letter reads, "He was instrumental in developing research data which directly improved the effectiveness of our entire infection control surveillance effort."

Sports Shorts

Standings Games thru Feb. 4, 1976

	W	L	PCT.
POGA	8	0	1.000
Personnel	7	1	.875
Lab	7	1	.875
EENT	5	3	.625
PT/OT	4	4	.500
Dental	3	5	.375
Int Med	3	5	.375
OR	2	6	.250
Drug Screening	0	8	.000
PMT School	0	8	.000

Intramural Basketball Results Feb. 4, 1976

Lab	51	Dental	33
Personnel	40	EENT	31
Int Med	77	OR	46
POGA	50	OT/OT	28

Body shaping, anyone?

Special Services seeks an expression of interest from dependent wives about scheduling an exercise class for Tuesdays and Thursdays, 9:30 to 11 a.m., in the gymnasium. John Embody, a physical education major from Merritt College and their Number One cross country runner, will instruct.

TAYLOR

(Continued from page 3)

Mrs. Taylor must coordinate with pathologists, physicians, coroners and morticians, as well as set up travel schedules and arrange for escorts. Quite frequently she is required to purchase burial clothing. She must maintain a very close liaison with the Casualty Assistant Officers, and she must know financial and billing procedures.

Death does not respect 8-to-5 office hours, so her duties must be covered 24 hours a day. To that end, she conducts inservice training for hospital corpsmen within the Patient Affairs office. And to the end that all tasks of the office may be performed more smoothly in her absence, a procedural manual, giving explicit instructions with documentary samples, has been written by Mrs. Taylor.

As just a little extra chore, she performs Notary Public services for the staff.



HERE'S ONE AT YOU!! Imagine snow coming down in big flakes on Feb. 5, right here in the Bay Area, right here at NRMCOakland! Billy

Knapp had fun while waiting for his parents, but most of the time that coat was not on Billy but was being tossed in the air as he frolicked.



Movie Schedule

Saturday, Feb. 14

HOUSE OF WHIPCORD — Barbara Markham, Patrick Barr — Terror Drama (R)

Sunday, Feb. 15

WAR GODDESS — Alena Johnston, Savine Sun — Action Drama (R)

Monday, Feb. 16

NO MOVIE... WASHINGTON'S BIRTHDAY. ALL SPECIAL SERVICES FACILITIES CLOSED.

Tuesday, Feb. 17

ROOSTER COGBURN — John Wayne, Katherine Hepburn — Western (PG)

Wednesday, Feb. 18

BEDKNOBS AND BROOMSTICKS — Angela Lansbury, David Tomlinson — Musical Comedy (G)

Thursday, Feb. 19

SAVE THE TIGER — Jack Lemmon, Jack Gilford — Drama (R)

Friday, Feb. 20

EARTHQUAKE — Charlton Heston, George Kennedy — Action Drama (PG)

Saturday, Feb. 21

THE NEW LAND — Max von Sydow, Liv Ullmann — Drama (PG)

Sunday, Feb. 22

RAFFERTY AND THE GOLD DUST TWINS — Alan Arkin, Sally Kellerman — Crime Drama (R)

Monday, Feb. 22

JUGGERNAUT — Omar Sharif, Richard Harris — Adventure Drama (PG)

Tuesday, Feb. 24

TOMMY — Roger Daltrey, Ann-Margaret — Rock Opera (PG)

Wednesday, Feb. 25

JOURNEY INTO FEAR — Zero Mostel, Sam Waterson — Drama (PG)

Thursday, Feb. 26

THE GREAT WALTZ — Horst Buchholz, Mary Costa — Musical (G)

Friday, Feb. 27

A CHILD UNDER A LEAF — Dyan Cannon, Joseph Campanella — Drama (R)

Saturday, Feb. 28

MAN OF THE EAST — Terence Hill, Gregory Walcott — Western Comedy (PG)

It takes only a few minutes to give blood

How is a 260-pound guy like a 110-pound gal?

If you expect the answer to be a joke, it isn't.

Both can be blood donors. Size, strength or sex doesn't matter. Neither does race, creed nor color.

Every blood donation is of equal value. Each donation can save a life. With today's technology, one unit can help more than one person.

You don't have to be handsome or beautiful, but you do need a good hemoglobin.

Finally, you don't need hours and hours of

spare time, just about an hour. (Blood donors could give every eight weeks, up to five times a year).

Being a blood donor isn't fattening, costly or difficult. You rest for a few minutes on a donor table, have a cup of coffee and some cookies, and receive the thanks of all.

You get something else, too — a warm inner glow that comes from knowing that you have done a job that "you" know matters.

So, come one, come all! Plan now to give blood on Tuesday, Mar. 9, 1976. Details in the next issue.

The OAK LEAF

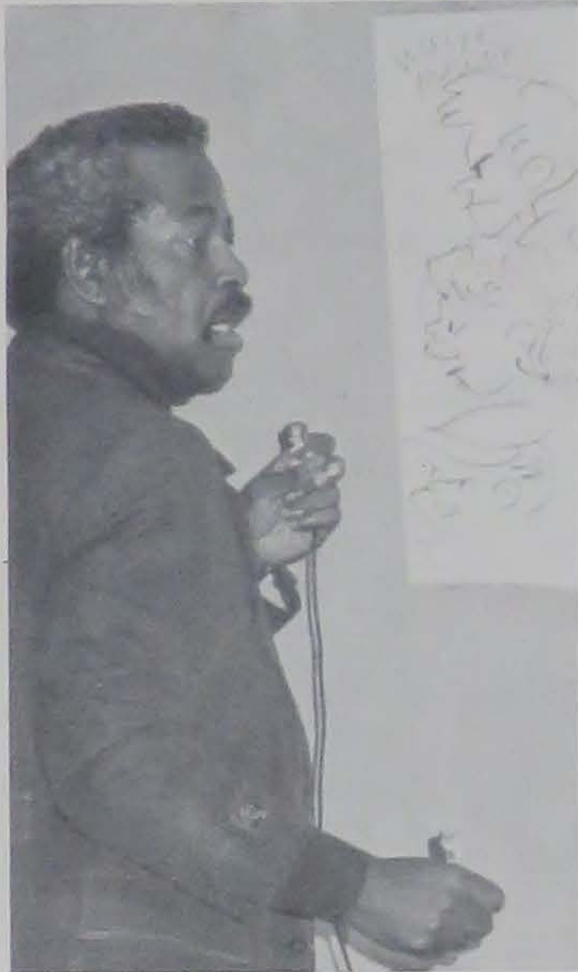
Vol. 38, No. 5

Friday, February 27, 1976

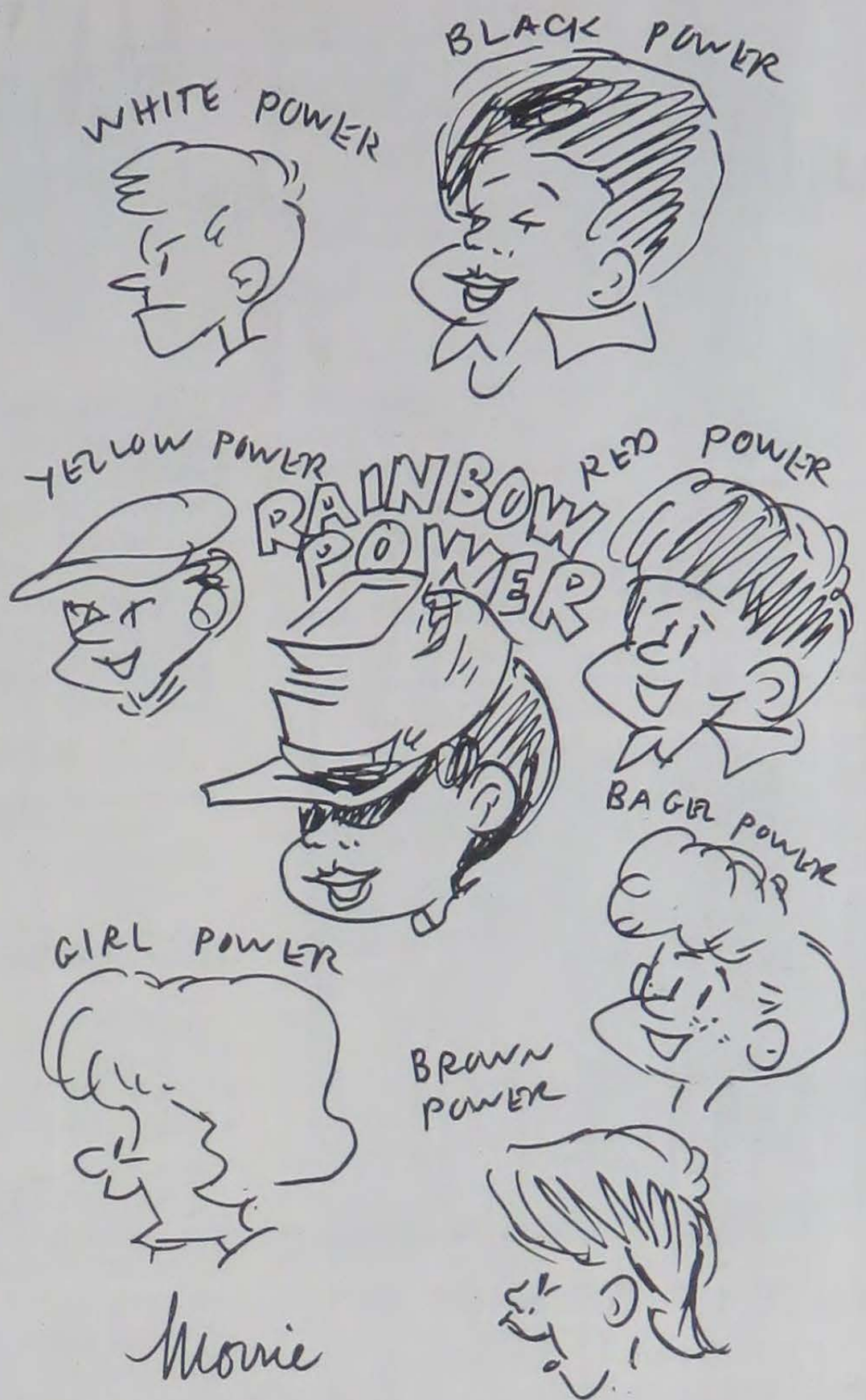
NAVAL REGIONAL MEDICAL CENTER, OAKLAND



Ms. Julia Robinson



Mr. Morrie Turner



Printed by permission
Kings Features

In the Bicentennial Year—

WE WORK TOGETHER WITH RAINBOW POWER

While Mr. Ambrus Turner, Housekeeping Supervisor for NRMCO, was waiting at the flagpole for his famous cartoonist brother to arrive, Mr. Morrie Turner was himself already aboard and upstairs entertaining some 300 staff in the main dining room. The occasion was a program climax to Black History Week.

The program of Feb. 12, 1976, marks its second annual observance to be held at the Medical Center. Ms. Julia Robinson, Institute Administrator from Langley Porter Institute, San Francisco, told the attentive listeners, "If we love, we can be ourselves." As the 10th child from a family of 15 children, she averred, "I've got to be me . . . to know who I am I have to discover the God in me." She suggested that we all build on love, together. The crowd applauded.

Applause also rang true after HM3 Rose Burleson and HN Charles Bell sang a duet a cappella, "He ain't heavy, he's my brother." And Neal Colzie drew a laugh in defining Black History Week in little boy definition as "The week they make it easier on you in class."

CAPT Ira J. Woodstein, MC, USN, Director of Clinical Services in opening remarks said, "We must continue at all levels in the tradition of nondiscriminatory policies. We can overcome any barrier. This is our commitment at NRMCO Oakland."

Also helping make the program a success was Pastor J. Alfred Smith, of East Oakland's Allen Temple Baptist Church; LNC Clarence Atterbury; Chaplain Colon S. Jackson; Ms. Fran Lopez; and Weldon Miles, Deputy Equal Employment Opportunity Officer; and many, many volunteers who brought homemade cake and cookies for the refreshment of all.

However, it was Morrie Turner, the author of *Kid Power*, who captivated the audience with his rapid drawing of Oakland Tribune's *Wee Pals*. Connie, Randy, Sybil, George, Rocky, Jerry and Wellington were each sketched faster than assistants could tape paper on the blackboard. Their personalities were explained. Resident intellectual Oliver was not forgotten. It was he who defined a racist as a fellow who wins in a rare contest of speed. But it was Nipper (Morrie's alter ego) who gave the coup de grace to the celebration.

In order not to abort America the Beautiful, Nipper asserted that he favored—not White power, not Black power, not Yellow power, not Red power, not Bagel power, not Girl power, not Brown power—but RAINBOW POWER.

Rainbow Power is the power of the whole, blending together.



Save a spot for Red Cross Open House

On Wednesday, Mar. 3, from 2 to 3:30 p.m., patients and staff of NRMCO will have an opportunity to honor our 60 Red Cross volunteers at an Open House in the main dining room, Bldg. 500. The focus will spotlight the history and service of the Red Cross. Refreshments will be served.



NAVAL REGIONAL MEDICAL CENTER,
OAKLAND, CALIFORNIA

RADM Henry A. Sparks, MC, USN,
Commanding Officer

CAPT Ira J. Woodstein, MC, USN,
Director of Clinical Services

CDR Hubert H. Sowers, MSC, USN, Director of Administrative Services
CDR Emery J. Hatch, MSC, USN, Public Affairs Officer and THE OAK LEAF Advisor

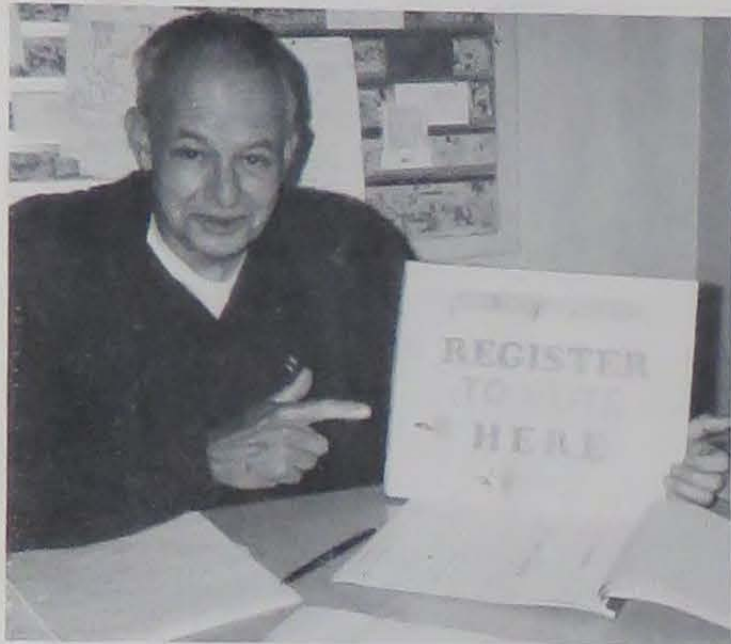
Editor: Jo Spivey

Photography: HM1 Steven L. Spring, HM2 T. J. Town, HA "Smokey" Greer, Jo Spivey

THE OAK LEAF is a semimonthly publication produced commercially with appropriated funds in compliance with NAVEXOS P-35, Rev. Jan. 1974. Opinions contained herein are not official expressions of the Department of the Navy.

THE OAK LEAF receives American Forces Press Service and NAV NEWS material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Regional Medical Center, Oakland, Ca. 94627.



VOTE UP OR SHUT UP!

LCDR Robert C. Simmerman, SC, USN (Ret) is trying to see to it that Alameda County's first time voters and persons who have moved recently have no excuses for not voting. He has been in the lobby of the Navy Exchange Monday, Wednesday and Friday from 10 a.m. to 2:30 p.m. since Feb. 4; registering voters and as of last Friday only 55 persons had registered.

He will continue his worthwhile volunteer service until April 19, which is the last day to register to vote in the primary election this June.

VOTING INFORMATION on local issues of all the states is available in the Legal Office. Through absentee ballot, you have a voice. Defend America's heritage—VOTE!

Cost reduction campaign extended

Come up with a suggestion for a measurable (\$5,000) cost reduction in government and win an incentive award and the President's gratitude and commendation.

The 1975 campaign for economy in government received such favorable attention that it has been extended through May 5, 1976. To date, 677 civilian and military personnel with 22 departments and agencies have been recognized for their contributions which have produced first year benefits of \$39.6 million.

Civilian Personnel has been requested to expedite preparation of recommendations and to eliminate unnecessary levels of review. Becky Pappas, in Civilian Personnel (ext. 2116), can furnish guidelines. Further guidance for submission of suggestions is to be found in Civil Service Commission Bulletin 451-9, dated May 22, 1975.

This is your chance to speak up about waste in public places.



the Chaplain's Corner

Frequently the chaplains who contribute to "The Chaplain's Corner" write articles from their own point of view or philosophy. This time Chaplain Thompson is sharing a very sensitive and expressive prayer written by HM3 Leolyn Meyer. We agree that no words written by a chaplain could provide a better model for all of us to live by than these words of prayer.

Dear LORD, Thank you for the life I have to lead and the time ahead of me to love and give. Thank you for my burdens, for they will help me not judge skin or actions of others by what I carry inside me; but understand that all people have burdens that are heavy for them however light they might seem to me.

Give me the courage to look at others and see that what I think I dislike is only my fear of something about them, or my ego pouting from neglect. Let me see others not on a rated scale from my limited judgement, but all things as working parts of a beautiful whole, each doing what was meant for them.

Help me not veil in righteous pride the meanness in me, my inconsideration for others, and inconsistency of love I show others in the name of humanness.

Dear LORD, help me feel in your name the Love of all things animate and inanimate surrounding me; constantly reminding me that anything is possible within Love energy.

And thank you most of all for the beautiful people and all the beautiful things touching and surrounding me day by day.

Leolyn Meyer, HM3

CSC increase due

Civil service retirement and cost-of-living adjustment of annuities is now definite effective March 1, 1976. The amount of the annuity increase is 5.4 percent.

This increase applies to employees who retire before March 1; and in addition, employees who retire on or after that date but before any subsequent cost-of-living increase are guaranteed that their annuities will be no less than the annuities computed on service and pay as of Feb. 29, 1976, plus the 5.4 percent increase.

For persons already receiving annuities, the increase will be included in the regular April 1976 annuity checks, which pay annuity for March 1976.

Stamp collectors, please note

March 9 is the deadline set for first day of issue cancellations on the "50 States—One Nation/USA Bicentennial" stamps issued on Feb. 23.

Special Services has a cancellation directive.



EVER RECRUITING FOR THE NAVY, CAPT A. Solgaard gives a sales pitch for the health care services of the military community to several prospective interns. Some 50 nurses also attended the seminar held at NRMCO which was sponsored by Recruiting Area 7, which includes Texas, New Mexico and Colorado.

COME ONE!! COME ALL!!

Jump on the Band Wagon
**CELEBRATE YOUR GOOD HEALTH AND
BE A VOLUNTEER BLOOD DONOR**



Let's have another great drive. You did it before and you can do it again!!

When? Tuesday, March 9, 1976, 8 a.m. to 4 p.m.

Where? Gymnasium.

Make appointments beginning Tuesday, March 2, 1976, by calling extension 2283.

Once again we have a 72-hour liberty authorized by our Commanding Officer; three staff members get their own personal parking space for one month each; and ten students will each receive three games of free bowling.

Best of all you'll know in your heart that you have done something very special! You have given the gift of life to another human being!

SO COME ON GANG—JOIN THE GREAT GIVEAWAY



THE WORLD LOOKS a bit happier and brown-sack lunches taste a bit tastier in the new lunch room prepared for Navy Exchange employees on the second floor of building 38. Mrs. Ann Cartwright and Mrs. Mary Lingenfelter look from the upper story at the trees outside and perchance dream about the season for vacations which is not too too far away.

Who's been doing what...

Reenlistments

HMC Joe R. Hampton, 5th reenlistment
HM3 Prince Wilson Jr., 1st reenlistment

Navy

Good Conduct Awards

HM2 Federico B. Cabiling
HM2 Frederick R. Heck
HM2 Harry M. Wallace
HM2 John N. Zorn
YN3 Danny R. Peoples

Promoted to

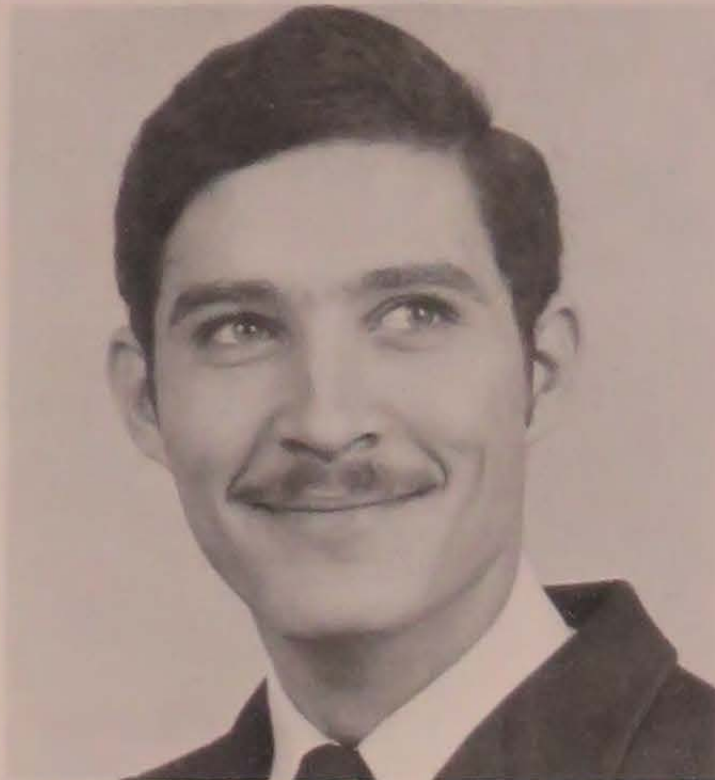
LCDR, T. McCalment Jr., MSC, USN
LTJG, M. Finley, NC, USN

Letters of Appreciation

LT M. Edgar, NC, USN
HM2 J. Craig
HM2 J. Novotny

Augmentation

LCDR J. Dalton, MC, USN
LT C. Scarborough, NC, USN
LTJG C. Shaver, MSC, USN
LTJG J. Zarkowsky, MSC, USN



Sailor of Month, super achiever

Medical equipment, as well as people, needs preventive maintenance. HM2 Alvah Bethune Jr., electronics repairman in the biomedical equipment repair facility, implemented a preventive maintenance program covering all medical equipment in the region. His record of solid accomplishment has greatly facilitated the mission of this large graduate training medical center. It has won for him selection as Sailor of the Month for January.

"Concerning himself with high productivity, Petty Officer Bethune has displayed that extraordinary effort so characteristic of superior achievers. ...

His steadfast dedication, remarkable enthusiasm and high sense of responsibility are in keeping with the highest traditions of the Hospital Corps and the United States Naval Service."

He has earned a hearty Navy "Well Done," and becomes entitled to one point in awards credit for ensuing Navy-wide examinations for advancement.

Congratulations

CAPT A. L. Solgaard, Board Certified in Family Practice
LCDR W. J. Chernack, Board Certified in Allergy

Bits and Pieces

"Où est la salle à manger?" (Where is the dining salon?) Lily Thompson might be asking?



She and her husband are taking a French course offered through Education and Training in preparation for a trip to French Martinique, from whence her grandparents came. Lily's husband suggests that perhaps they better take along a language reference book.

Red Cross here on base is joyously gloating over at last finding a volunteer who has some past experience in public affairs. Bill Hattwick, who has a background of over 20 years in public relations with Kaiser Steel Corporation, promises to put some of his PR know-how to work for "the friendly neighbor."

If you're interested in such things as how to build a jib, the stress and design of sails, having your own 18-footer or in watching movies of the 18-footer races off Sydney, Australia—maybe you should consider joining the Alameda Yacht Club. Their Commodore is John Zarkowsky, who can tell you all about races upcoming, class instruction and so forth.

T.I. kennel gives pet care

"Heel, sit, stay, come," and a bow ribbon for Fi-Fi! All that is available at the Pet Clinic on Treasure Island, bldg. 217.

Obedience classes will start soon. Your pet may be groomed, inoculated and boarded. Veterinarian services are available by appointment, telephone 986-2165.

Clinic hours are from 9 a.m. to noon on Monday, Tuesday, Thursday and Friday; 2 to 6 p.m. on Tuesday; 7 to 9 p.m. on Wednesday. Sorry, no after-hour emergencies!



WHAT DO THEY CALL IT THESE DAYS? The hustle? The cuddle? Whatever the dance, the Sweetheart Fling, held Feb. 13 at the O'Club, seemed to keep some 200 enlisted personnel a-movin' on!

Sports Shorts

POGA and Lab showdown for 1975-76 crown

By virtue of a 55-46 win by POGA over Personnel and a 54-44 win by Lab over EENT, the two teams played for the highly coveted intramural basketball championship on Feb. 25.

In the POGA-Personnel match, POGA out-scored Personnel 32-19 in the 2nd half, after trailing Personnel 27-23 at half time.

Mike Masters led POGA scorers with 18 points, followed by Larry Cordell with 13 points on four field goals and five free throws.

Jerome Conerly led all scorers in a losing cause with 19 points on seven field goals and five free throws. John Scavuzzo followed with 11 markers to highlight all the scoring in this game.

Chase and Sarha star for Lab

Howard Chase and Gene Sarha each scored 15 points to lead Lab past EENT. Mitchell Wright followed close by with 12 markers.

Jeff Schicker led EENT with 24 points to cop scoring honors in the game. He scored all but four of his team's 21 points in the 1st half. Not a bad evening's work!

FLASH! FLASH!

At press time it is learned that in Wednesday's hot contest, Lab beat POGA 51-49.

HM3 Bienvenido Malanzo, of Lab, won the 12thND 176-pound judo championship and will advance to the West Coast All Navy championship at Treasure Island on March 3, 1976.

Embody places 4th

About 450 contestants started and 410 finished the 5 kilometer Valentine (Heart's Day) Run around Lake Merritt. John Embody, Special Services, took the medal for 4th place. The *Thesaurus* needs reveal a one-word nickname for such speed and endurance.

Ecology training given young adults

Interested in learning trail building and conservation, gaining work experience for park careers? Then join an environmental leadership training group meeting Saturday, Mar. 6, in Mt. Tamalpais State Park.

Call the Central YMCA Director, Greg O'Brien, 885-0460, for details.

Officers' wives are Frankly Female too



GEORGIA BARSZ, Program Chairman of the Officer's Wives Club, chats before lunch with petite and Frankly Female Marcy Bachmann.



EMERGENCY MEDICAL TECHNICIAN graduates are HM1 M. Ryerson, instructor, HM3 J. Sieber, HN D. Spaulding, HM3 D. Neswald, HM3 S. Fullmer, HA J. Bowers, HM B. Martin, HM3 D. O'Connell, HM3 R. Hersöm, HM3 C. Woolcott, HM1 R. Freet and HM3 T. Howard, instructor. CAPT George Metz (seated) is the course director. Not pictured, but receiving certificates, are HM3 E. Gilbert, HN R. Latterell, HM3 K. Roberts, HN G. Rodriguez and HM3 M. Torrence.

EM TECHS FINISH COURSE

On Feb. 6, 1976, 17 members of the first state-approved Emergency Medical Technician class received their certification. CAPT G. E. Metz, the course director, presented certificates in a ceremony held in the Clinical Assembly.

NRMC Oakland was approved on Nov. 6, 1975, by the State of California as a certifying institution for Emergency Medical Technicians. The course includes 40 hours

classroom instruction, 10 hours emergency room experience and 6 hours of actual or simulated ambulance experience.

A state-approved examination is administered in addition to an intensive practical examination. All students are then certified as EMTs in this state. For certification in other states graduates may take the National Registry Examination at their request if the registry is recognized by that state.

Scholarships offered children of Feds

Ten or more \$500 awards will be offered children of Federal Civilian employees or for youth employed under the Youth Opportunity Programs (the President's Stay-In-School Campaign or the Summer Youth Opportunity Campaign).

Applications and rules governing the scholarship may be secured at the offices of Special Services, bldg. 38. Applications must be postmarked no later than April 2, 1976.

Marcy Bachmann, syndicated columnist with the Oakland Tribune, is frankly sorry that a "lady" is almost a vanishing breed. She spoke to the members of the Officers' Wives Club at their February meeting. Although she is definitely part of the women's movement, she thinks women should not try to "bite the whole apple at once."

It is sad that the courtship ritual has been stripped away, says Marcy, and she believes females have tread so heavily on the male ego that they may be in for a tragic backlash.

Many fans of Marcy's had wondered what she would be like. Would she look in person like the woman pictured in her column? Would that aura of pensive sadness show in a crowd?

What think you? Could the picture (left) itself have been lifted from the Oakland newspaper?

Movie Schedule

Sunday, Feb. 29

TOGETHER BROTHERS — Ahmad Nu'radin, Anthony Wilson — Suspense Drama (PG)

Monday, Mar. 1

HOW TO SEDUCE A WOMAN — Angus Duncan, Angel Tompkins — Comedy (R)

Tuesday, Mar. 2

LET'S DO IT AGAIN — Sidney Poitier, Bill Cosby — Comedy (PG)

Wednesday, Mar. 3

DIAMONDS — Robert Shaw, Richard Roundtree — Drama (PG)

Thursday, Mar. 4

HIGH PLAINS DRIFTER — Clint Eastwood, Verna Bloom — Western (R)

Friday, Mar. 5

CHILDREN OF RAGE — Helmut Griem, Olga Georges Picot — Drama (PG)

Saturday, Mar. 6

BLACK EYE — Fred Williamson, Rosemary Forsyth — Mystery (PG)

Sunday, Mar. 7

CLAUDINE — Diahann Carroll, James Earl — Drama with Comedy (PG)

Monday, Mar. 8

DEATH WISH — Charles Bronson, Hope Lange — Action Drama (R)

Tuesday, Mar. 9

MAHOGANY — Diana Ross, Billie Dee Williams — Drama (PG)

Wednesday, Mar. 10

WIN, PLACE & STEAL — Alex Karras, McLean Stevenson — Comedy (PG)

Thursday, Mar. 11

THE LIFE AND TIMES OF JUDGE ROY BEAN — Paul Newman, Anthony Perkins — Western Drama (PG)

Friday, Mar. 12

THE ULTIMATE THRILL — Eric Braden, Barry Brown — Drama (PG)

Saturday, Mar. 13

THE TAMARIND SEED — Omar Sharif, Julie Andrews — Drama (PG)

Sunday, Mar. 14

THE BOOTLEGGERS — Paul Koslo, Dennis Fimple — Action Drama (PG)

The OAK LEAF



Vol. 38, No. 6

Friday, March 12, 1976

NAVAL REGIONAL MEDICAL CENTER, OAKLAND

To Dona and Navy Mothers

It's tribute time



For some 34 years, Mrs. Dona Beard, on her own and on behalf of Navy Mother's Club #13, Oakland, Ca., has devoted at least one day a week to the patients at this facility. The orthopedic ward, 7-North, has been a particular favorite of Mrs. Beard's. She brings cookies, sacks of fruit, lap robes and other surprises to the patients, but she also gives of herself — a cheery smile, a friendly visit.

This month Mrs. Beard moves from the Oakland area to make her home in Grass Valley, Ca. On Tuesday, March 2, patients and friends gathered in the Commanding Officer's conference room to honor her. A letter of appreciation was read; the Commanding Officer presented her with a plaque; she received a long-stemmed red rose expressing love.

Although Mother's Day is not until May 9, NRMCO would like to extend the recognition paid to Mrs. Beard to the many mothers in the Bay Area and across the country who, like her, are determined that our service men shall not be forgotten. A Navy

Mother during times of war remains a Navy Mother during times of peace, and over the years many Navy Mothers' Clubs have been our benefactors.

Last year Navy Mothers' Club #27 of San Jose contributed a very large sum to purchase drapes for our Adolescent Clinic; Clubs #202 of San Francisco and #213 of Modesto, Ca., are regular contributors to the recreation fund. The ski equipment checked out by a corpsman for this week's good powder was donated by Navy Mothers' Club #13, Mrs. Beard's unit.

Mrs. Hilda Hansen and her husband will help carry on here in Mrs. Beard's absence. Although Mrs. Beard departs from her unit and their place of operation at Blue Jacket Haven, it is not likely that she will "retire" from being a Navy Mother. Just to assure that she does not quit being active, she was given an address to put her in touch with a Grass Valley group (Operation Cookie) whose members over the years also have been friends of "Oak Knoll" hospital.

March is RED CROSS Month



**THANKS
said to
Volunteers**

Rear Admiral Henry A. Sparks, MC, USN, at the Red Cross Open House on March 3 in the Enlisted Dining Room, stooped and planted a kiss on both cheeks of Mrs. Gladys Niemann. "I knew her when I was 2 minutes old," he said. (She was the OB nurse at the time of his birth.) Then he presented a service award to her in recognition of 37 years of service to the Red Cross, 8 of them spent as a personal service volunteer here at NRMCO Oakland.

He thanked all of the volunteers for their dedicated service and invaluable assistance over the years to Naval Regional Medical Center. Close runnerups to Mrs. Niemann, in terms of service time, are Mrs. Helen Ayers, who has worked with the Red Cross for 34 years; Mrs. Helene Straughen, 33 years; Mrs. Ella Rose, Mrs. Gloria Hewitt and Miss Peggy Gruner, 26 years; Mrs. Anne Allissandrotos, 25 years. Eighty-five volunteers received awards for having given at least the year 1974-75 to "the friendly neighbor."

Not forgotten in the granting of kudos were the supportive services. Mrs. Lois Trumbull, Chairman of the volunteers, gave recognition to the Red Cross chapters from Berkeley, Oakland, Alameda and Diablo. The supportive chapters generously provide transportation, knit slippers and crutch protectors, roll surgical bandages and give welfare assistance to military families of their respective communities.

Captain Kathryn Zabel, Chief Nurse, expressed appreciation to all the volunteers on behalf of nursing service personnel with whom they work on the wards and in the clinics.

The Open House was hosted by the Center's Red Cross career and volunteer staff. Over 100 guests, including hospital personnel, patients and career and volunteer Red Cross staff partook of the tasty refreshments and examined displays of Red Cross activities, past and present.

In the 1974-75 fiscal year Red Cross performed services to the Armed Forces which totaled over \$52 million. In the area of emergency messages alone, 752,711 were sent.

Whether in time of disaster or just when a patient is blue and needs someone to talk to, the Red Cross is there. For many of us who cannot be present as a volunteer, one way of being there is by giving dollar support.

The Red Cross extension is 2524.



Sock-hop date set

A sock-hop with Beowulf's Band returning is planned for Friday, April 2, in the gymnasium. Enlisted personnel are not snooty and have thrown the dance wide open to Command staff who care to attend. A \$2 admission entitles to free beer and an evening of fun from 8 p.m. to midnight.

**NAVAL REGIONAL MEDICAL CENTER,
OAKLAND, CALIFORNIA**

 RADM Henry A. Sparks, MC, USN,
Commanding Officer

 CAPT Ira J. Woodstein, MC, USN,
Director of Clinical Services

CDR Hubert H. Sowers, MSC, USN, Director of Administrative Services

CDR Emery J. Hatch, MSC, USN, Public Affairs Officer and THE OAK LEAF Advisor

Editor: Jo Spivey

Photography: HM1 Steven L. Spring, HM2 T. J. Town, HA "Smokey" Greer, Jo Spivey

THE OAK LEAF is a semimonthly publication produced commercially with appropriated funds in compliance with NAVEXOS P-35, Rev. Jan. 1974. Opinions contained herein are not official expressions of the Department of the Navy.

THE OAK LEAF receives American Forces Press Service and NAV NEWS material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Regional Medical Center, Oakland, Ca. 94627.



Chaplain's Corner

Try everything except surrender

According to Voltaire, the only thing left to do in a disordered world is to forsake it and dig in your own garden. But Voltaire was never able to take his own advice. There is just no place for solitary diggings; no heaven; no island of refuge; and no permanent retreat. This is the case because there has not yet been invented the perfect escape mechanism.

A man in Australia who was a student of international affairs became convinced in the mid nineteen-thirties that a destructive world war would soon come. And it seemed to him that Australia would be attacked and bombed. So he decided that the wisest thing to do was to move to a remote spot where there would be no danger of being engulfed in war's agony. He carefully studied a map of the South Pacific Ocean and picked out an island just below the equator.

He moved there believing he would be perfectly safe. Having departed his threatened and disordered world he set

out to dig in his own garden far from the beat of war drums. The pitiful part of this true story is that Guadalcanal was the name of his new island home. That piece of remote real estate became, in 1942, the scene of one of our worst battles of the whole war. The people of that island experienced disaster on a terrible scale.

It is often said, "When a place is bad, get out of it." Sometimes the best thing to do in a bad situation is to pick up and leave. Leaving room for the exception, it has been my experience that I have not saved or corrected any situation by withdrawing from it. There is almost always a measure of defeat for those who run away. No matter how rough the world seems; no matter how many times you've been set back, it is better to go out fighting to the last ditch and in the last ditch, than to go out whimpering.

Try everything except surrender.

CDR L. Wayne Rushing, CHC, USN

BOOKS AVAILABLE FOR VISUALLY HANDICAPPED

Information about literature services for the visually handicapped is available from the Braille Institute of America, 741 North Vermont Avenue, Los Angeles 90029.

The Talking Books Program of the Library of Congress provides records or tapes of many, many titles which are dictated by volunteers. The programs are administered by the California State Library in Sacramento through the local public libraries. Information may be obtained from the reference desk of the public library. Application also may be made to the Lions Blind Center Library, 3834 Opal Street, Oakland, Ca. 94609. Once a patron qualifies as a visually handicapped person, as certified by a medical doctor, this center will issue a machine for playing the records or tapes, with raised numerals for self-service. The lists of titles available are sent from the California State Library, and when the patron selects his preference it is mailed postage free to his home address, with provisions for return in the same container.

Large-type books are printed in 20 point type, more than twice the size of the letters in ordinary print, and are designed in crisp black and white to be easy on the eyes. They are published in all fields, from children's books to current texts, mystery novels and best sellers. Many public libraries maintain special sections for large type books, and list them in a special drawer in the public card catalog.

These books make fine gifts, not only for the visually handicapped, but for persons who like to read but whose occupations cause eyestrain by the end of a busy day.

ALL IMPORTANT SERVICE PAPERS may be recorded at your local County Clerk's office without charge. And a certified copy of such documents can be obtained from the county clerk when needed for any purpose. Certificates of service, discharge and so forth have a tendency to get lost, misplaced or destroyed in fire or flood. Protect your records. File NOW.

NON-UNIFORMED, NOT ALL CIVIL SERVICE

The three persons pictured right have names, but they here represent some 112 nonappropriated fund employees of this "Oak Knoll" facility, having a payroll which runs about \$45,000 monthly.

Often when we think about the Naval Regional Medical Center "family" our nonappropriated fund employees have a tendency to be overlooked. The Athletic Director is one such employee, paid from the budget of Recreational Services (Special Services). Bookkeepers, secretaries, sales clerks, waitresses and bowling alley attendants also are to be found within this third category. The cook who prepares your hamburger at the snack bar and the girl who sells you a roll of film are paid from the nonappropriated funds of the Navy Exchange.

We here acknowledge the nonappropriated fund personnel, a vital group who help keep our ship on even keel and operating smoothly.



OFFICERS FROM THE REPUBLIC SINGAPORE NAVY receive instruction in water sanitation from HM2 George Gambasy, Preventive Medicine. LT Tay Liang Chang, CPL Philip Low and CPL Lim Teck Hoi are from the RSS Mercury and RSS Jupiter.



WE ARE NOT civil service employees, nor are we military members. Riddle us, riddle us, who are we? What are we?



Staff babies...

**BORN AT
NRMC
OAKLAND**

On Jan. 29, 1976, David Michael Bowman, 5 pounds 4 ounces, and Stephen Alan Bowman, 4 pounds 9 ounces, twin sons of Sandra Elaine and HM3 Alan D. Bowman... on Jan. 30, Russell Douglas Evans, 7 pound 4 ounce son of Terry Lee and HM3 Richard D. Evans... on Feb. 5, Mary Elizabeth Hyndman, 8 pound 7 ounce daughter of Donna Jean and HM2 Roger R. Hyndman... on Feb. 12, Rachael Elizabeth Kennedy, 7 pound daughter of Rita and LT Harold L. Kennedy... on Feb. 28, Armand Mark Tolentino, 7 pound 10 ounce son of Hidelisa Escala and HM1 Amando B. Tolentino.



Six keep us steamed up

Down in building 22 the bowels of a 24-hour operation, very vital to the Medical Center, are to be found. Five huge boilers there generate steam for the hospital's heating system, swim pool, laundry, galley and surgery. Outside the building are two 12,000 gallon oil tanks, which can provide standby energy in case there is an emergency.

Pictured tending a valve is George Littlefair, who says that it is quite easy to detect, even above the steady regular hum of the boilers, anything that might go wrong. However, the six attendants at the plant seldom permit any irregularity. The personnel manning the boilers, in addition to Mr. Littlefair, are "boss-man" Frank Gonzales, Harry Staedler, Claude Weaver, Walter Champion and Ignacio Cruz.

BITS & PIECES

The \$2 bill will be reissued April 13. In a way that makes the 13th rather lucky for us. We're lucky all bills and coins below \$5 weren't discontinued back in 1966 when the Monticello \$2 note went out of fashion.

Speaking monetarily, a 3-inch gold National Bicentennial Medal, "a collector's dream," may be purchased for a mere \$4,000 from ARBA, P.O. Box 1976, S.F. 94101.

But before rushing out and buying, a news feature from the Armed Forces Information Service warns that the pay outlook this year is "belt tightening." Military and civilian pay raises due in October will be limited by budgetary restraints to an increase in the 3 to 5 percent range.

Fleet Admiral Nimitz Club has new dining hours and a few cutbacks. No Sunday dinner hour any more. Dancing Friday and Saturday only. For your five bucks you can have free wine on Thursday and a prime rib dinner.

The all-volunteer force continues to meet military strength objectives by 99.6 percent and recruiting goals by 100 percent. Completing an Enlisted Duty Preference Card (DPC) is the surest way of guaranteeing that your detailer knows where you want to be assigned when your projected rotation date arrives. File a DPC with your career counselor or personnel office, else how will they know preferences.

A request was made to the San Francisco Bay Area Boy Scout Council for a troop to unfurl the 80 x 150 foot American flag as a Welcome Home to the **USS Oriskany**. And whose troop was selected for the honor? None other than CDR P. J. Vogt's (Pathology) Boy Scout Troop 722 of Castro Valley. Dr. Vogt is assistant scout master.

**THANKS to our 254
Blood Donor Volunteers.
Your name is Wonderful!**



Vera Hardy is Optical Manager

Some months ago Carl Thompson left the Optical Unit to go into his own business. The manager to succeed him was right on deck in the person of Vera Hardy, who had been his right hand optician for some 4 years.

Vera is now manager, but gives the same service with a smile that she was always known to give. She solders gold frames, repairs broken frames and straightens them for customers and verifies the doctor's prescription.

She would remind you that if a prescription is over 2 years old, a new examination is needed before the prescription is filled.

Invest yourself in a Howard child

What's your hobby? Sewing, macrame, singing? Whatever? Want to give an hour of your time once a week to teach a Howard School 3rd or 4th grader a new horizon in a 4-week mini course?

Then please phone Mrs. Williams, 632-0912, to find out what it is all about.

Educational opportunities offered on base

There are two courses being conducted at NRMCO by Merritt College, one in English and the other in Mathematics. Education and Training desires to have Merritt aboard again in the fall. Call 2237/2238 with suggestions for fall classes.

Plans are made to continue a French class on base. A beginning conversational French class will start on April 1 and end June 3. The class will be on Thursdays from 5 to 8 p.m. Get your name on the list.

The current Speed Reading course ends March 19. If sufficient interest is shown, it will be repeated. Call 2237/2238 and express the hour you desire it to be offered, whether during the noon hour or once a week on an evening.

Each Tuesday and Thursday from 2 to 4 p.m., in building 105, a class is offered in basic mathematics and English skills. The goal is to help raise GCT/ARI scores. There is still room for additional students, but a chit of release from your department head is required.

There has been some interest shown for a class in English as a second language. Anyone interested in this class should make it known. Any ideas for other classes are also welcome.

Human Relations Council serves you

"Because discrimination in all forms is present in our society and uniformed service, it is incumbent upon all of us to eradicate this stigma for all time." This is an excerpt from NRM-COAKINST 5350.3 establishing a Human Relations Council which is authorized to investigate all such complaints regardless of the accused's title, position, rank. Personnel from all ethnic groups are encouraged to join the Council. Anyone who has a complaint or desires to become a member may contact any of the following incumbent members:

CAPT G. A. CONKEY, MC, USN	2261
LCDR I. D. HOWARD, MSC, USN	2027
HMCM C. AXWORTHY, USN	2263
HMC H. PAGAN, USN	2461
HMC J. AMOS, USN	2237
LTJG Y. KATO, NC, USN	2312
HMC W. BOOTH, USN	2235
HMI D. DEGUIA, USN	6-6933
HM3 W. ANGEL, USN	2126
MR. W. MILES	2111
HMC C. CROCKER, USN	2237

Metabolic Research Ward in transition

Beds, typewriters, supplies, stationary, TVs and a pile of jumble is the status quo of the metabolic research ward that was formerly housed in building 62-A. The tumbled mess is part of the Clinical Investigation Center which will, before Spring advances, give birth to a sparkling, clean and efficient hospital-like operation on 9-NE.

A laboratory is being installed, pipes are in for a separate diet kitchen; when the ward is in full operation the staff, which is now in limbo, will give 24-hours coverage. Alas, Barbara Yohanan, RN, who has been a vital part of the CIC staff for some 2½ years, may not be around to see the ward's metamorphosis. She is planning to depart the facility sometime in May. However, the search for answers will continue.

The capacity of the ward will be for eight inpatients. The studies to be done here will cover research in Hypertension, Somatostatin (diabetic study), Androstenedione (obesity study), calcium and pituitary functions. Eventually the chaos will turn into stability, and the findings made here will — maybe — bring us fame and our patients improved control or restored health.

EMBODY places again

Some 200 runners, from age 11-year-old girls to 60-year-old men, set out to run the annual race along the San Francisco beach on Mar. 7, 1976. John Embody, of Special Services, who had placed 2 weeks earlier in the Valentine's Day run added to his collection of medals by placing second in the 5-mile beach run.

Again, congratulations!

MOVIE SCHEDULE

Monday, March 15

THE HARRAD SUMMER — Richard Doran, Victoria Thompson — Drama (PG)

Tuesday, March 16

THE ULTIMATE WARRIOR — Yul Brynner, Max Von Sydow — Fantasy (R)

Wednesday, March 17

ROYAL FLASH — Malcolm McDowell, Allan Bates — Comedy (PG)

Thursday, March 18

BOXCAR BERTHA — Barbara Hershey, David Carradine — Drama (R)

Friday, March 19

SILENCE — Will Geer, Ellen Geer — Drama

Saturday, March 20

BADLANDS — Martin Sheen, Sissy Spacek — Drama (PG)

Sunday, March 21

THE GROOVE TUBE — Ken Shapiro, Richard Blazer — Satire (R)

Monday, March 22

AIRPORT — Charlton Heston, Karen Black — Adventure, Drama (PG)

Tuesday, March 23

CRAZY MAMA — Cloris Leachman, Ann Southern — Comedy (PG)

Wednesday, March 24

THEY CALL HIM MR. SHATTER — Stuart Whitman, Ti Lung — Drama (R)

Thursday, March 25

DULVIMA — John Mills, Carol White — Drama (PG)

Friday, March 26

COOL BREEZE — Thalmus Rasulala, Raymond St. Jacques — Adventure, Drama (R)

CHAMPUS Corner MAJOR CHANGES IN CHAMPUS

Congress has enacted important changes in the non-emergency inpatient care provisions of the Civilian Health and Medical Program of the Uniformed Services (CHAMPUS) which affect all beneficiaries.

The most far-reaching change is that *all* beneficiaries of CHAMPUS who live within 40 miles (straight-line, not road miles) of a uniformed services hospital (Army, Air Force, Navy or Public Health) now must apply to that hospital for non-emergency inpatient care before being authorized such care from civilian sources at Government expense. If the uniformed services hospital cannot provide the needed care, it may issue a Statement of Non-availability to authorize the patient to obtain the care.

This change has a major impact on retired military personnel and their dependents, who were formerly authorized care from civilian sources regardless of the proximity of their residence to a military hospital. Such patients formerly had full leeway in whether or not they desired to obtain inpatient care from military or civilian sources. *This freedom of choice has been eliminated.* Now, only when a military hospital within 40 miles of the retiree's residence *cannot* provide the inpatient care, can the retiree (or his dependents) go to a civilian hospital.

The three military hospitals in the San Francisco Bay Area, and their CHAMPUS or Health care benefits advisors, are:

ARMY: Letterman Army Medical Center
Presidio of San Francisco, CA 94129
Advisor: Area 415: 561-3147

NAVY: Naval Regional Medical Center
Oakland, CA 94627
Advisor: Area 415: 639-2041

AIR FORCE: David Grant USAF Medical Center
Travis Air Force Base, CA 94535
Advisor: Area 707: 438-3341

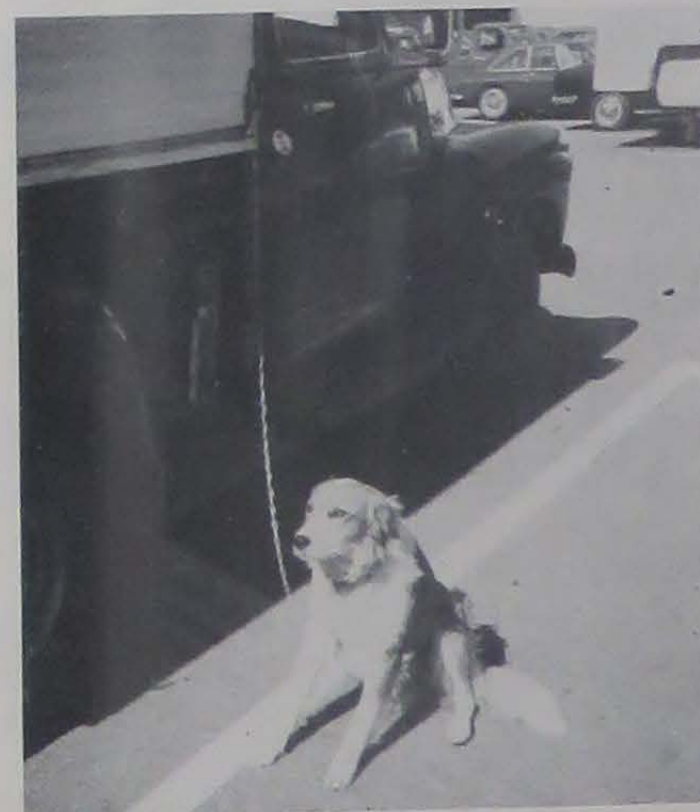
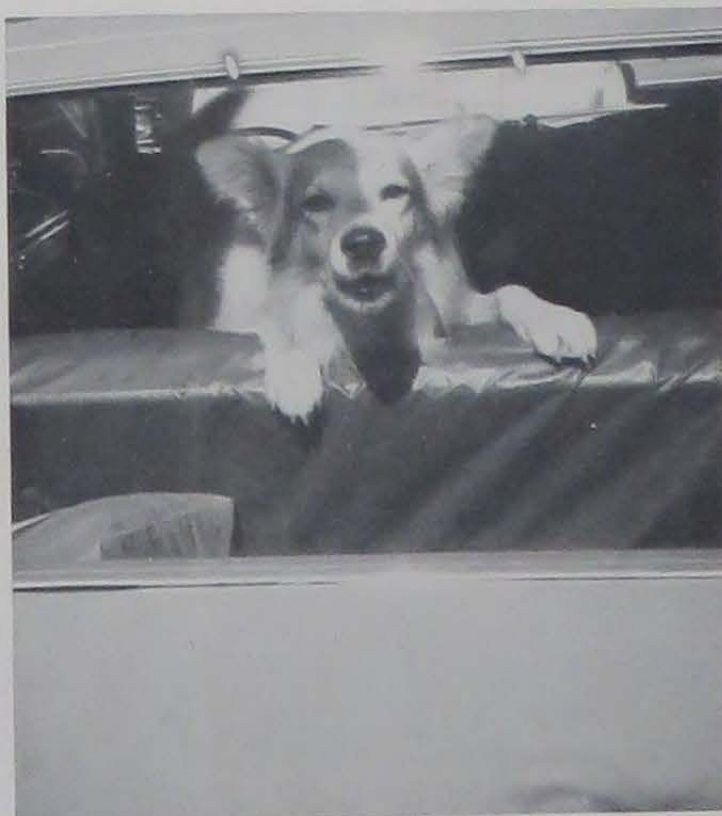


Any one of these three military medical centers can issue a Statement of Non-availability on behalf of *all* of them. Therefore, a retiree living within 40 miles of all three military medical centers would not have to apply to all of them for inpatient care before being issued a Statement of Non-availability.

Another important change affects spouses of active duty military personnel residing with or apart from their sponsors. Formerly, such spouses were allowed freedom of choice between military and civilian inpatient care if they resided more than 30 miles from a uniformed services hospital. This radius has now been extended to 40 miles.

You may be wondering: How far is my home from Travis Air Force Base, or the Naval Regional Medical Center in Oakland? For the answer to this and any other questions on your eligibility for CHAMPUS benefits, or whether or not you need a Statement of Non-availability, telephone or visit the CHAMPUS Advisor (also called Health Care Benefits Advisor or Counselor) listed above at one of the three military medical centers. **BE SURE TO INQUIRE BEFORE OBTAINING NON-EMERGENCY INPATIENT CARE FROM A CIVILIAN SOURCE;** otherwise you run the risk of having the Government disallow your claim!

The above changes, or "tightening up" of CHAMPUS are the result of a law enacted by Congress (HR9861, Section 750), not an arbitrary decision arrived at by the military.



IF YOU MUST TRAVEL with a dog, be aware that, even with a window cracked, as the temperature within the car rises your dog can receive irreparable brain damage in a very short time. A dog tied on the outside will not be happy, but if he is not stolen he will at least have a breath-of-life chance. (There are many many additional reasons why a child should not be left alone in a car. Never take that chance!)

The OAK LEAF



Vol. 38, No. 7

Friday, March 26, 1976

NAVAL REGIONAL MEDICAL CENTER, OAKLAND

IT'S HISTORY, AND FOR THE RECORD

Take a pretty bow, maybe even of bicentennial design; drape it across a doorway or entrance. Call a group of officials and dignitaries together. Put a pair of large shears in the hands of one person. Pose your people and say, "Smile." Then have a snip of the ribbon.

It is the thing to do. History is made.

A "ribbon cutting" frequently signifies that a place is open for business — officially. A sentimental moment, a moment for the record is launched, even without champagne.

The ribbon cutting which took place on March 16 at 10 a.m. marked the opening of the entrance to Naval Regional Medical Center, Oakland, from Keller Avenue. Immediately thereafter, the Commanding Officer's car, with its

two stars, moved through the gate to exit; then it returned in the next moment to be the first automobile to enter the compound.

On the exit from the hospital grounds, the view is northeasterly toward horses peacefully grazing on the Sequoyah Hills. Hansom, Skyline and Phaeton drives are up above.

On entrance to the hospital, the view, looking past the sentry, shows cars predominating the landscape. A few of the World War II wooden buildings remain, but they are part of an ever-changing horizon.

The Keller Avenue entry off of MacArthur (580) freeway has been under construction for about a year and a half. The construction is part of a \$4.4 million

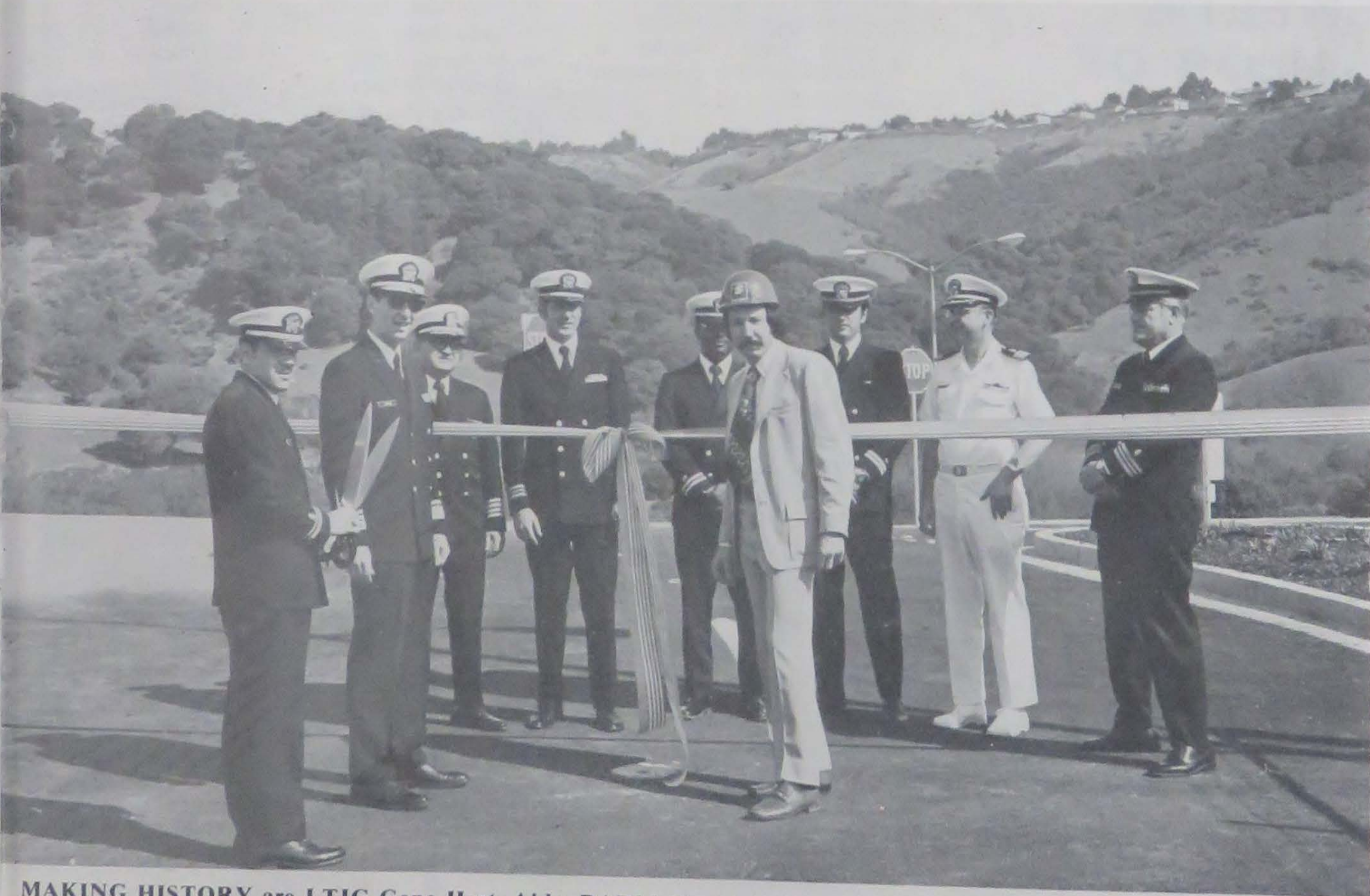
package which includes the air conditioning of the hospital.

LCDR Marshall Absalom has been the resident officer in charge of construction; Mr. Larry Hengle is the civilian contractor for Scott Company of California, Oakland.

Please note that the gold letters set in concrete at the Keller Avenue entrance carry our correct regional name. That entrance will be open from 6 a.m. to 6 p.m. The old Mountain Boulevard entrance will continue to be open on a 24-hour basis; and buses will continue to use the old approach, as will suppliers who have business at our regional warehouse.

Outpatients and the general public and many employees will find it much easier to use Keller Avenue. There will be less congestion at rush hours and throughout the day.

A ribbon cutting is usually more than a history-making event. Most often a ribbon cutting brings a lot of pluses for everyone. The March 16 ribbon cutting was no exception.



MAKING HISTORY are LTJG Gene Hart, Aide, RADM Henry A. Sparks, Commanding Officer; CAPT Ira J. Woodstein, Director of Clinical Services, LCDR Marshall Absalom, resident officer in charge, LT Fred Dew, assistant resident officer, Mr. Harry Hengle, civilian contractor, LT Thomas Dierckman, Public Works Officer, CDR Hubert H. Sowers, Director of Administrative Services, LCDR John DeLaughter, Chief of Operating Management Service.

NAVAL REGIONAL MEDICAL CENTER,
OAKLAND, CALIFORNIA

RADM Henry A. Sparks, MC, USN,
Commanding Officer
CAPT Ira J. Woodstein, MC, USN,
Director of Clinical Services

CDR Hubert H. Sowers, MSC, USN, Director of Administrative Services
CDR Emery J. Hatch, MSC, USN, Public Affairs Officer and THE OAK LEAF Advisor

Editor: Jo Spivey
Photography: HM1 Steven L. Spring, HM2 T. J. Town, Jo Spivey, HN D. C. Manley

THE OAK LEAF is a semimonthly publication produced commercially with appropriated funds in compliance with NAVEXOS P-35, Rev. Jan. 1974. Opinions contained herein are not official expressions of the Department of the Navy.

THE OAK LEAF receives American Forces Press Service and NAV NEWS material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Regional Medical Center, Oakland, Ca. 94627.



CANDIE IS SWEETIE SAILOR OF MONTH

It is hard to get in touch with Candie. HM3 Candie L. Unis is nearly always "In surgery." As a surgical scrub and assistant in the Plastic Surgery Branch, she has shown exceptional achievement to win for herself recognition as Sailor of the Month for February. Her commendation reads that she is "cheerful, flexible and totally committed to team performance." Her teammates vouch for her, and a few added even more superlatives in describing her.

Failing to reach Candie, finally her husband, Lou, who works in Physical Therapy, was reached. He could talk only of one thing. They are going to be parents. Candie likes dancing and music. "We are going to have a baby." Candie likes camping and the outdoors. "Candie is going to be a mother."

"May I announce it?"

"Sure, you may," HM3 Lou Unis said in that announce-it-to-the-world attitude.

The two will shortly be singing *Bell Bottom Trousers*. Will the words be, "He'll give ultrasound like his father used to do," or — as they bounce "her" on a knee — "She'll work in plastic surgery like her mother used to?"

Anyway, a hearty Navy "Well Done" to both of you.



the Chaplain's Corner

MAKING SKIES BLUE WITH ENCOURAGEMENT

I have just been reading in the Old Testament about Job, a man who was tempted to curse the day he was born. In the midst of a terrible season of suffering, he cried out in perplexity against life and recited his woes and humiliation. One of his few remaining friends interrupted to remind him that in other days and under other circumstances his words had upheld those who were stumbling. In other words, he had been a source of amazing strength to hard pressed souls.

It is a magnificent matter when a person goes through life encouraging those who are stumbling, terrified and dismayed. There are too many of the other kind. There are those who spend most of their waking hours putting other folk down, pinning ears back, taking the heart out of others, spreading lies that sear the skin and deflating the hopes of already terrified souls.

Many, more than we know, have tasted life's fury and are lonely people in want of encouragers. Some are stumbling men and women who have lost faith in themselves, walking at all times amid shadows, seldom dreaming dreams and often having nightmares.

To be an encourager requires no rare gifts, no special training. All that is necessary is a good spirit, the grace of appreciation, a complete indifference to the traffic of gossip, a willingness to listen to a talker's present plight with some sympathy for their humiliation and pain, and an honesty in prayer that is bold enough to fling before the Lord's feet the sack of his own promises to help us all in our human situation.

CDR L. Wayne Rushing, CHC, USN

WOMEN IN ACTION at their March 12 meeting made tentative plans for the rest of the year. They decided that monthly meetings are very important; and they geared for another fine week of emphasis for August. The April meeting is to be announced. Watch for the time and date. Be there (and bring your boss)! We hope by then to report positively on a lunch room for brown sackers.



Awareness Test

Here is a simple quiz to test your awareness of only a few of the important women in history.

Match each woman in Column A with her profession in Column B.

Answers:

16-C; 17-G; 18-B;
12-M; 13-E; 14-F; 15-A;
7-D; 8-K; 9-B; 10-L; 11-N;
1-P; 2-H; 3-Q; 4-J; 5-I; 6-O;

- | A | B |
|--------------------------------------|---------------------------------|
| — 1. Abigail Adams | A. Civil War Surgeon |
| — 2. Elizabeth Blackwell | B. Religious Leader |
| — 3. Isadora Duncan | C. Quaker, Abolitionist |
| — 4. Amelia Earhart | D. Author, Suffragist |
| — 5. Billie Holiday | E. Seamstress |
| — 6. Mildred Ella Didrickson Zaharia | F. Guide |
| — 7. Louisa May Alcott | G. Equal Rights Pioneer |
| — 8. Mary McLeod Bethune | H. Physician |
| — 9. Mary Baker Eddy | I. Singer |
| — 10. Barbara Fritchie | J. Aviatix |
| — 11. Jeanett Rankin | K. Educator, Administrator |
| — 12. Eleanor Roosevelt | L. Patriot |
| — 13. Betsy Ross | M. Writer, Social Critic |
| — 14. Sacajawea | N. First Congresswoman |
| — 15. Mary Walker | O. Athlete |
| — 16. Lucretia Mott | P. Letter Writer |
| — 17. Elizabeth Cady Stanton | Q. Dancer |
| — 18. Clara Barton | R. Organized American Red Cross |

Alice Paul, at a women's suffrage convention in 1923, wrote the Equal Rights Amendment and at age 91 still waits for its passage. Four states have yet to ratify the ERA; if not ratified by 1979 it will die.

"Coupling" now Navy thing

HM3 Lou Unis and HM3 Candie Unis met in San Diego in Corps School; they married after they came aboard. There are several other Navy couples working on base under the "New Navy," which permits the concept of team assignments to further family togetherness.

Randomly naming a few couples, there are Cherilyn and Harry Caldwell, HM2s, with Physical Therapy and Special Services;

Robert and Candace Casey, MM2 and HN, Nuclear Medicine and PT/OT School;

Melissa and Andrew Goodrow, HM2s, LPO Branch Dispensary, Naval Supply Center and Physical Therapy;

Larry and Cathleen Schroeder, HM3 and HN, Laboratory and Special Services;

Melinda and Marvin Dennis Smith, HM3s, both in Operating Room.

Staff babies

BORN AT...

Naval Regional Medical Center, Oakland, on Feb. 29, 1976, Catherine Eunice Regen, 7 pound 14 ounce daughter of Marylyn Elizabeth and HM3 Robert L. Regen... on Mar. 4, Jason Paul Crutchley, 6 pound 7 ounce son of Patty Jo and HM1 John R. Crutchley... on Mar. 6, Caroline Renée Meshier, 8 pound 3 ounce daughter of Jane and LT William T. Meshier... on Mar. 9, Joshua David Clendenning, 7 pound 10 ounce son of Jennifer Anne and HM3 David D. Clendenning... Jeffrey John Ho, 5 pound 13 ounce son of Marjorie and LCDR Ben T. Ho.



CLASS NO. 7604 of Basic Laboratory School to graduate April 23: (bottom to top) HM3 Valeriano Mapalo, HM3 Gary Noe, HMC Wiley Booth, HM2 Kevin Kuzian, HN Klaus Robishaw, HM3 Antonio Gonzales, HM3 Pearl Washington, HM3 Luis Ward, HN Ruby Willis, HM3 Joseph Bradlo, HM3 Chris Kaplan, HM2 Randy Shetzler, HM3 Roy Rathbun.

Only 300 tickets for the sock hop!

Better get hopping before April 2!

REGISTRATION IN PROCESS

The first course of the University of Northern Colorado/Center for Special and Advanced Programs is in progress, and registration is underway for the April course. A Masters Degree in Business with specialization in Health Care Administration is offered.

The unusual feature of the UNC/CSAP program is that the course offerings are non-sequential. A student may come into the program at any time. A baccalaureate degree is the requirement for entrance.

Classes are held in building 105, Education and Training. Individual counseling is recommended for prospective students. Phone (415) 569-6555 for details.



NEUROPSYCHIATRIC TECHNICIAN SCHOOL, CLASS NO. 75, completed 16 weeks of training. Pictured are Dr. J. K. Larson, Clinical Director of the school; HM1 L. T. Rinehart, Enlisted Instructor; HM3 F. Ward; HN F. Howard; HM3 R. Bright; HN G. Ricke; HM3 B. Gonzales; HN B. Jarvis; HN M. Evers (Honorman); HA M. Solomon; HN J. Utley; HN W. Hankins; HN A. Washington; HM3 M. Crocker; LCDR J. M. Wilke, Nurse in Charge; Dr. E. Wolfe, Clinical Psychologist (guest speaker).

WHO'S BEEN DOING WHAT...

Reenlisting

HMC Jack D. Breeze, 3rd reenlistment.
HM1 Dennis M. Long, 3rd reenlistment.
HM2 Stevenson Williams, 1st reenlistment.
HM3 Thomas R. Howard, 1st reenlistment.
HM3 Charles W. Shannon, 1st reenlistment.
YN3 Cynthia Turner, 1st reenlistment.

To Fleet Reserve

HCM Franklin M. Sharit
HM1 Alfred A. Bowers

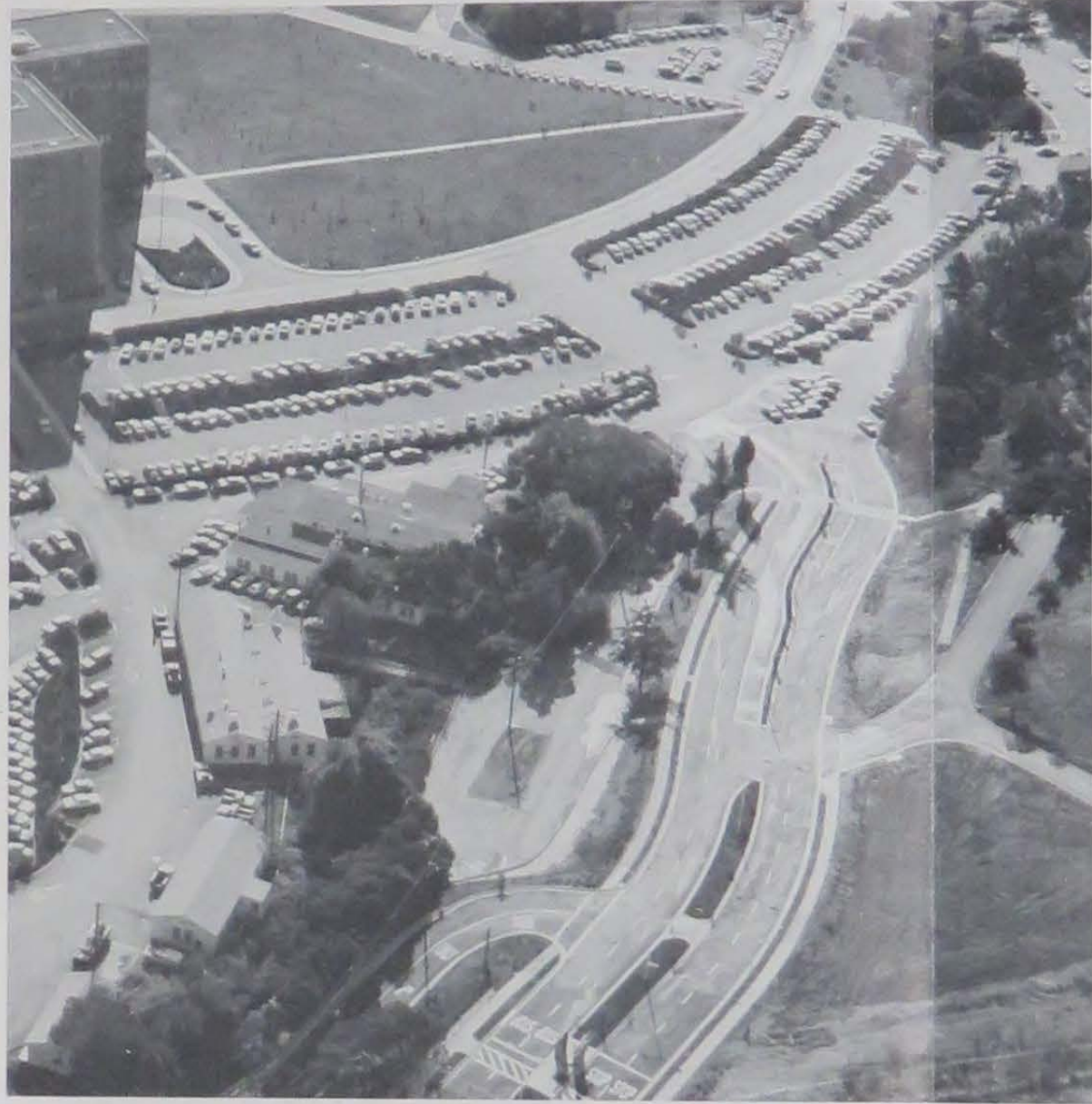
Civilian Awards for Outstanding Performance

Mrs. Eleanor Avila and Mrs. Ruth Mecchi, both of Comptroller's Office.

Letter of Appreciation

Mrs. Kathy Vantine, Special Services

Navy Good Conduct Award HM3 James J. Gillis



THIS IS AN AERIAL VIEW of the Keller Avenue approach to the hospital complex, taken before the guard house was completed.

At NRMCO Education is part of our mission.

Bits and Pieces

One OOD of 15 years ago remembers the night the entry sentry watch phoned, perplexed, "A kangaroo just came hopping through the gate. What shall I do?" The OOD answered, "Get his liberty card!" (Eventually Knowland Park Zoo came and picked up the escapee.)

Anyone wishing to study engineering may do so down at the tennis courts daily. The scuttle is that a popular Public Works employee is rapidly gaining for himself the name "tennis engineer." He's willing to teach or learn from officers, enlisted or civilians, in rain, snow or sleet.

Free Saturday night buffets are starting again at the San Francisco USO; on Friday the "Gee-dunk stand" is open and then at 7 p.m. a live band gives forth for 3 hours.

But to take care of your daylight entertainment, it is suggested that you check with Special Services about the nature hikes for April. The East Bay Regional Park District has some dillies for the Sunol Regional Wilderness, Coyote Hills and Tilden Park.



MUCH ADO ABOUT SOMETHING happened last week as the Word Processing "family" gathered to pay tribute to members pursuing the road to higher education. Virginia Berman, Dolores Fry and Gerry Slocum completed courses in Human Relations. They are pictured with their Chief of Service, LCDR Joe Steiner. Mickey Duerst completed a Medical Terminology course, as did June Adamic of Data Processing. Virginia and Gerry previously completed Medical Terminology courses through the College of Alameda, with Virginia now enrolled in Part III. Dolores is currently enrolled in a supervisory course through that college.



EDUCATION FREQUENTLY is a road to advancement. Here are new HM3s advances: (row one) W. Hankins, Susan Mullen, Sharon Lundy, Cathy Dickenson, Linda Coniglio; (row two) Mike Drudy, Marvin Smith, David Wilton, Mary Newkirk.

654-5600 654-5600 654-5600 654-5600 654-5600 654-5600

p
o
i
s
o
n

c
o
n
t
r
o
l

Learn for yourself first aid rules for
poison control.

**Keep this Poison Control Center number
by your telephone:**

654-5600, ext. 343

(for doctors and paramedical: 652-8171)

654-5600 654-5600 654-5600 654-5600 654-5600 654-5600

p
o
i
s
o
n

c
o
n
t
r
o
l

It pays to give

ALL HANDS: Here are the lucky winners from the Blood Drive on Tuesday, March 9.

Staff members winning the reserved parking space:

HMC Doyl J. Bryant, Pharmacy Service, March 15 through April 11, 1976;
HM3 Jenny Rainwater, Operating Room, April 12 through May 9, 1976;
LTJG Yuki Kato, Nursing Service, May 10 through June 13, 1976.

Students winning three games of free bowling:

HM2 Walter K. Pettit, PT/OT School
HM3 Robert Anderson, PMT School
HM3 Jim Boyd, OR School
HM3 Chuck Donahue, PMT School
HM3 C. R. Floyd, PT/OT School
HM3 Michael Hamm, Lab School
HM3 J. A. Suggs, PT/PT School
HM3 James White, PMT School
HN D. Irish, PT/OT School
HN M. J. Tannehill, OR School

Congratulations!

The next big drive—June 8, 1976



BASIC CORONARY CARE CLASS completing training: (row one) HA Julia Bowers, HM3 Fredericka Bernhardt, LT Marilyn McCormick, HM3 Steven Beesley, HN Rogelio Pagunuran; (row two) Beverly Kyle, RN (class instructor), HN Rosemary Gillespie, HM3 Stella Gardner, ENS Lonnie Lane, ENS Mary Rost, LCDR Margaret Ludwig (class advisor).

Orderly talks of MacArthur

Mr. James Matthews is here to be fitted for a 1976 artificial limb. Although he has been retired since 1947 and is now 85 years old, he is ever faithful to the memory of General Douglas MacArthur. He knew the man first hand and not from rumor.

Mr. Matthews was the Orderly for the General for two years. He says that MacArthur did a lot for his troops that other generals did not do. When in the Philippines he found his men were ill trained; he retrained them and saved lives by doing it. Matthews stands ready to squash any rumors about the General not being up front with his men. He didn't just wade in and wade out, according to Matthews. And Matthews should know, he was there with him.

Acting as MacArthur's personal valet, Mr. Matthews has other insights about the World War II leader. "He never wore a tie or carried a gun." But in that regard he told his boys "Do not do what I do."

In Matthews, MacArthur had a loyal follower. But MacArthur probably could have bragged about his Orderly, too. Without education, James Matthews, who now lives in Berkeley, advanced to Master Sergeant, and in his locker of memories are 12 medals, including Good Conduct and Purple Heart awards among those attesting to expertise in pistol, rifle and machine gun.

THE SHORT SHEET

Fleet Reserve supports bill to prohibit military unions

The Fleet Reserve Association applauds and pledges its full support to Senate Bill 3079, to prohibit military unions. The FRA asserts that the impracticality of military unionism poses a sure danger to our national defense. Master Chief Petty Officer Joseph D. Morin, the FRA's National President says, "I sincerely believe if military personnel would join and support the national military associations, we could provide the same pay and benefits protection as a union, yet not jeopardize the military chain of command and our nation's defense."

Combat stores ship to have open house

The *USS Niagara Falls*, homeported in Alameda, will conduct a 2-day open house at the Embarcadero (Pier 9) in San Francisco on March 27 and 28. The public is invited to attend divine services on the ship's flight deck Sunday morning. Call Commander Bill Hagerty, 466-5001, for further information.

Equal Opportunity has new focus

A leadership focus will transcend Armed Forces manpower or personnel management focus. A new pilot effort will be started to increase opportunities for small businesses owned and operated by women and minority members.

Anthrax contamination in imported yarn poses danger

Consumers are warned that balls of yarn, imported from Pakistan, carrying the label "Tahki Imports, Ltd.," may possibly contain anthrax contamination. Anthrax is an acute bacterial disease which can be fatal for humans. For further information, if contamination is suspected, call hotline (800) 638-2666.

**Warning
Danger**

In Crew's Library

National Best Sellers:

CURTAIN, by Agatha Christie.

Ingenious, convoluted and Poirot's last case.

RAGTIME, by E. L. Doctorow. Racy, syncopated fantasy of turn-of-the-century history.

THE CHOIRBOYS, by Joseph Wambaugh. The often raunchy recreation of some off-duty L.A. cops, by a former member.

THE EAGLE HAS LANDED, by Jack Higgins. World War II thriller about the plot to kidnap Churchill.

BRING ON THE EMPTY HORSES, by David Niven. An amiable raconteur reminisces on Hollywood's past.

THE RELAXATION RESPONSE, by Herbert Benson, M.D. How meditation helps control tension and how to do it.

SYLVIA PORTER'S MONEY BOOK, by Sylvia Porter. Home financial advisor tells what to do with your money.

The Crew's Library is located in building 101.



PT/OT CLASS 7601, graduating April 2, is the fifth class to complete the formal training program conducted at NRMC, Oakland. PT/OT Class 7602 convenes on 26 April. Row one (Instructors): HM2 R. Fenton, HM1 R. Freet, LT D. Spillane, LT M. Skurja, CAPT J. Heath, LT J. Walker, LT S. Faherty, LT S. Gerhart, HMC J. Koonce; Row two: HM3 M. Campbell, HM3 C. Floyd, HM3 N. Berkson, HM3 R. Azpeitia, HM3 M. Newkirk, HM3 R. Hess; Row three: HM3 R. Wright, HM3 M. Loveless, HM3 M. Aronson, HM3 J. Suggs, HN B. Wootton, HN W. Newkirk, HM3 M. Drudy, HM3 D. Kucera; Row four: HM3 D. Groenig, HN J. Braniecki, HM2 D. Fell, HN C. Casey, HM3 G. Matthews, HM2 A. North, HN D. Irish, HM2 W. Pettit, HM3 H. Wilson.

SPORTS

Volleyball takes FIRST

by The Mind Master

The NRMCO volleyball team won the 12th Naval District "B" championship March 20 at NAS Alameda. The team came in 5th in the overall competition won by Moffett Field.

The volleyball team, headed by Coach Jeff Katzenmeyer and Assistant Coach Cheryl Westberg, had much higher aspirations. Their team had previously beaten Moffett Field and Alameda, the two top teams.

The tournament began Friday evening and continued through early Saturday evening. In this length of a tournament not only the physical exhaustion takes it toll, but with 13 games played it becomes difficult to get "psyched up" for each game.

The opening jitters and the excitement seemed to bother the team as they lost to NAS Lemoore 7-15, 11-15 in a long one-hour match. The young team was not used to the longer play and was quickly worn down. And this was just the first match!

The night ended with a heartbreaking loss to Mare Island 9-15, 15-12, 13-15. Spikers' Mike Skurja, Dominadore Luisortiz and Paul Westberg, along with Setters' Dale Harrier and Dave Laxton were impressive in Friday night's play.

Saturday found the NRMCO team arriving early to face NAS Alameda. Errors seemed to persist as Alameda won two close games 12-15, 12-15. Katzenmeyer and Britt Blum showed outstanding play.

Moffett Field was the next conqueror. They obtained an early psychological advantage and breezed to a 7-15, 1-15 win. Fortunately, lunch was the next opponent as the morning drew longer.

A rejuvenated team led by Larry O'Shea, Bill Halderman and Dennis Spillane came on to crush the Marines of Hawthorne 15-0, 15-2.

The last match for NRMCO finally found the team holding on to the lead, which they were unable to hold against earlier opponents, and slipped by the Coast Guard 15-13, 16-14.

The volleyball team showed much promise, and a vote of gratitude goes to all who participated.

Twelfth Naval District Scheduled events

Men's Golf League, about April 26. Entries are due at the Special Services Office, building 1, room 253, Treasure Island, by April 12.

Women's Bowling Tournament, April 13-15, Rodman Center Bowling Lanes, building 545, Naval Support Activity, Mare Island, Vallejo.

Women's and Men's Table Tennis Tournament — April 20-22, at Naval Support Activity, Mare Island Gymnasium, building 545.

Men's Bowling Tournament, April 27-29, Bowling Lanes, Naval Air Station, Alameda.

Hop aboard for Tahoe!

It has been a long time since a chartered bus pulled out from NRMCO for the shores of the casinos and the wooded beauty of North Shore Lake Tahoe.

A trip for April 24-25 is scheduled, so phone ext. 2479 and get on the list. The charge of \$15 per person includes bus, lodging (double occupancy), \$8 cash back (with a possible \$3 bonus if the bus is full), \$3 lucky bucks, \$5 cocktails, \$1 food credit and 70c keno credit.

Here's betting that going with our own crowd is less gamble!

TENNIS LESSONS BEGIN

Jim Cope will be with us again offering professional instruction in tennis, beginning in April.

Sign up in Special Services. Beginners, intermediates and advanced sessions start every 3 weeks.

FUN COUNTRY is here!

Marriott's Great America \$50 million fun park is a new concept in family entertainment. What's more, it is right at our door at Santa Clara, only 45 miles away.

It opened last weekend, and will be open 10 a.m. to 6 p.m. weekends, and this summer from 10 a.m. to 10 p.m. daily.

Tickets at Special Services!

BAY AREA ART SHOW SET FOR TREASURE ISLE

The Navy, Marine Corps and Coast Guard are sponsoring a Bay Area Art Show during the month of May. The show is open to active duty, reserve and retired military personnel, civil service personnel and dependents. The show will be held in the Navy/Marine Corps Museum on Treasure Island.

For more information, call 765-6056/781-1775.

CHAMPUS

CHRISTIAN SCIENCE SERVICES NO LONGER AUTHORIZED

The Civilian Health and Medical Program of the Uniformed Services (CHAMPUS) is no longer authorized to pay for Christian Science services.

The 1976/7M Defense Appropriations Act prohibits CHAMPUS payments for any service or supply which is not medically necessary to diagnose and treat a mental or physical illness, injury or bodily malfunction as diagnosed by a physician, dentist or clinical psychologist. This prohibition, according to Defense officials, precludes payment for Christian Science services.

The prohibition went into effect on Feb. 9, the date the Act was signed into law.



LATE FILING YOUR INCOME TAX?

You may be glad to know that Federal and State forms are available at the Operating Management Service. Also help in preparation is available for those who need it. Call ext. 2403.

* * *

WHAT KIND OF POOL doesn't take up space in your backyard, doesn't cost you a penny to install and saves you money?

A CARPOOL! Try it. Two can ride cheaper than one and have more fun.

Movie Schedule

Saturday, March 27

TEN LITTLE INDIANS — Elke Sommer, Oliver Reed — Mystery Drama (PG)

Sunday, March 28

THE NICKEL RIDE — Jason Miller, Linda Haynes — Suspense Drama (PG)

Monday, March 29

SUNDAY IN THE COUNTRY — Ernest Borgnine, Michael J. Pollard — Action Drama (R)

Tuesday, March 30

B MUST DIE — Darren McGavin, Patricia Neal — Drama (PG)

Wednesday, March 31

INSIDE OUT — Telly Savalas, James Mason — Drama (PG)

Thursday, April 1

THE HEARTBREAK KID — Charles Grodin, Cybill Shepherd — Comedy Melodrama (PG)

Friday, April 2

THE WILBY CONSPIRACY — Michael Caine, Sidney Poitier — Drama (PG)

Saturday, April 3

CHOSEN SURVIVORS — Jackie Cooper, Alex Cord — Horror Drama (PG)

Sunday, April 4

THAT'S ENTERTAINMENT — Frank Sinatra, Fred Astaire — Musical Documentary (G)

Monday, April 5

THE FAMILY — Charles Bronson, Telly Savalas — Drama (R)

Tuesday, April 6

DOG DAY AFTERNOON — Al Pacino, John Cazale — Comedy Drama (R)

Wednesday, April 7

THE RETURN OF THE PINK PANTHER — Peter Sellers, Christopher Plummer — Comedy (G)

Thursday, April 8

SLAUGHTERHOUSE-FIVE — Michael Sacks, Ron Leibman — Comedy Drama (R)

The OAK LEAF



Vol. 38, No. 8

Friday, April 9, 1976

NAVAL REGIONAL MEDICAL CENTER, OAKLAND

MUCH LIKED CHIEF PIPES OVER



THE FAMILY OF HMC OSCAR C. WILLIS and Rear Admiral Henry A. Sparks are pictured. Mark, the Marine, was busy taking pictures and is not shown.

Behind the scene, two devote hours to patients' recreational therapy

By Bill Hattwick

Few of the Naval Regional Medical Center's patients are aware of the two dedicated "senior" Red Cross volunteers who are responsible for creating the handcraft materials and kits which are dispensed in the hospital by friendly recreation workers.

Mrs. Helen Ayres, 78, and Walter Leigh, 85, devote each Thursday to working in the Red Cross craft shop. They cut leather and other materials and assemble kits which the Center's patients make into wallets, key cases, identifying cases, ladies' purses, moccasins, stuffed toys and other items. With the craft program, over the years they have made the components for literally thousands of handcrafted items. All assist patients in making the long recovery hours seem shorter.

Has the crafts program been a success? These volunteers think it has.

"Recreational therapy is important to recovery," Mrs. Ayres believes. "Working with their hands stimulates the patients' minds and makes idle time pass



more quickly. We feel the crafts program is important in combatting boredom."

"Not only that," Leigh adds, "we feel the patients are able to create a useful item to take home with them as a remembrance of their stay at the Center."

A Red Cross volunteer since 1942 with East Bay Red Cross chapters, Mrs. Ayres has worked with the recreation program at the Center since 1950. She takes particular pride in encouraging

patients to become interested in handcraft. She recalls the time two deaf patients became so enthusiastic about leathercraft that they returned to their homes in New Mexico wanting to join their fathers in the saddle making business.

Walter Leigh, who retired in 1958 after a career as an industrial chemist, has been an active Red Cross volunteer for the past 18 years. He served for 12 years as a Berkeley Chapter

The largest friendship audience in many years gathered April 2 in the Commanding Officer's office to attend the retirement ceremony of HMC Oscar C. Willis. The overflow crowd was packed in the hallway and conference room, and friends joked that perhaps the Navy Band should have been present and the ceremony held in the Clinical Assembly.

As the Commanding Officer was about to read all the letters of commendation and proceed with the official duties, the big surprise of the morning happened. Lance Corporal Mark Willis, USMC, thought by his parents to be in Okinawa, stepped forward with his brother Michael, a Junior in college at Cal State, Long Beach. The two sons had been sequestered clandestinely and their presence secretly arranged by a family friend, Mary Pierce. The emotion of parents and the other two children, Derry and Shenitta, was shared most enthusiastically by all the friends present, almost to the extent of a "This-is-your-Life performance," with the shedding of a few tears.

Although Chief Willis has been U.S. Navy for some 24 years, his retirement came about more suddenly than planned when he was offered a position with the VIVO Centre Medical Laboratory, Medford, Ore. That was too good to be refused.

Aboard NRMCO only since Jan. 7, 1975, he has served in Operating Management Services administratively rather than as a laboratory assistant. In reputation, he is said to have a knack of being firm while making friends, of carrying out administrative duties so as to get much accomplished unobtrusively.

He will be missed, but he is wished FAIR WINDS and FOLLOWING SEAS.

driver and has been working with the Center's crafts program since 1964.

While these two Red Cross volunteers may be "seniors" in terms of age and experience, their enthusiasm is that of the young at heart. Using their skills in creating recreational materials for our patients is a source of pride to them when they know they are helping younger people make a difficult period pass more quickly.

**NAVAL REGIONAL MEDICAL CENTER,
OAKLAND, CALIFORNIA**

RADM Henry A. Sparks, MC, USN,
Commanding Officer
CAPT Ira J. Woodstein, MC, USN,
Director of Clinical Services

CDR Hubert H. Sowers, MSC, USN, Director of Administrative Services
CDR Emery J. Hatch, MSC, USN, Public Affairs Officer and THE OAK LEAF Advisor

Editor: Jo Spivey

Photography: HM1 Steven L. Spring, HM2 T. J. Town, Jo Spivey, HN D. Manley

THE OAK LEAF is a semimonthly publication produced commercially with appropriated funds in compliance with NAVEXOS P-35, Rev. Jan. 1974. Opinions contained herein are not official expressions of the Department of the Navy.

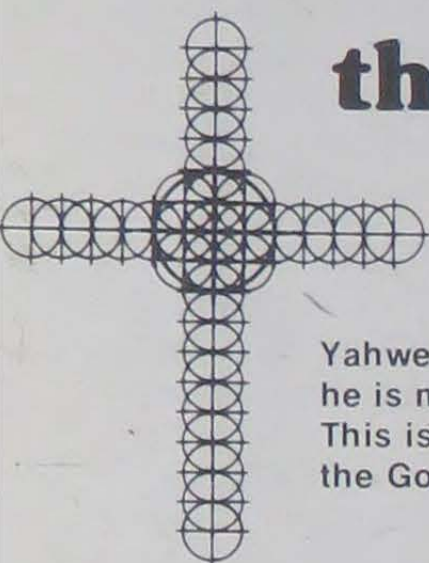
THE OAK LEAF receives American Forces Press Service and NAV NEWS material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Regional Medical Center, Oakland, Ca. 94627.

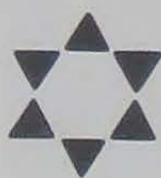


BREATHE, HOLD, EXHALE: one, two, three, four; breathe deeply, hold, exhale; one, two, three four. Stephanie Sedlock, MSN, also gives a lesson in coughing at the recent Inservice Training Seminar on Coronary Artery Bypass. Nurses did not just listen and tell; they were permitted to "show and learn" so that they might teach patients correctly.

Spirit of the Season



Yahweh is my strength, my song,
he is my salvation.
This is my God, I praise him;
the God of my father, I extol him.



Deputy Comptroller chosen

Drive
Carefully
this
Weekend
and
Always.



Mrs. Eleanor Avila, the tall blonde in the Financial Division, is probably known by more people by sight than by name. She was chosen to succeed Mr. Harold Hitz as Deputy Comptroller of Naval Regional Medical Center, Oakland.

In September 1975 Mr. Hitz, at an office reception, said farewell to his many friends. For some 33 years he had served as fiscal officer for our facility, which has grown to encompass, besides this Center, a hospital, a dispensary, and some 13 branch clinics.

Mrs. Avila, a grandmother of three grandchildren, has been on-the-job trained under the tutelage of her predecessor for some 21 years. She acknowledges that her training was "under a very good teacher." However, her further confidence in ability to handle the job stems from — in the new deputy's words — "the finest of fellow workers, who are able to work together."

The job is a big one and holds a challenge. On taking the reins, Mrs. Avila became one of the highest paid civil service workers on the compound (a GS-12). She supervises 15 employees while overseeing a regional budget of over \$18 million. One of her most immediate challenges is to assure a smooth conversion of the Center's accounting system to meet the new Navy requirements for fiscal year 1977.

These words from the Book of Exodus capture the spirit of the Jewish Days of the Passover as well as the Christian observance of the Passion and Resurrection of Jesus Christ.

The Passover Festival commemorates the dramatic struggles of the Israelites for freedom from slavery and their redemption from Egyptian bondage in the days of Pharaoh. In this observance the Jew is reminded that one must never take freedom for granted. Through the practice of Maot Hittim, wheat money, he is reminded that the needs of the hungry must be met.

The Christian Feast of the Resurrection commemorates the victory of Christ over sin, over death, and gives hope to the Christian that through identity with Christ, he too may share in that victory. In celebrating the joy of the Resurrection, the Christian is reminded of Christ's teaching that through love and sharing he can fruitfully accomplish that fulfillment.

Together, then, Jew and Christian are concerned that the hungry be nourished.

As we observe the Passover Festival, as we celebrate the Easter season, may we be joyful and hopeful in the name of our God. May we also accept the challenge of striving in our own ways, and in every way, to answer the cry of the human family for responses to the anguish of hunger.

Hag Sameah—Happy Easter
Armed Forces Chaplains Board

HOLY WEEK SERVICES

Catholic Services

Holy Thursday, April 15

12 noon and 4:30 p.m. Chapel of Hope

Good Friday, April 16

12 noon Clinical Assembly

Easter, April 18

8:30 a.m. Chapel of Hope

12 noon St. Luke's Chapel

Protestant Services

Good Friday, April 15

11:30 a.m. Chapel of Hope

Easter, April 18

9:30 a.m. and 10:30 a.m. Chapel of Hope

Happy Easter

Who's been doing what...



"O WAD SOME POWER the giftie gie us to see oursel's as ithers see us!" Jeff Nelson, patient on Ward 7-North at least saw himself in cookie image as his friend Janis McCarthy sees him.

AN AUSPICIOUS BASH, of the wetting down of many stripes, happened on April 2, and there was no April Fool about it! CONGRATULATIONS to the new Captain, Commanders, Lieutenant Commanders and Lieutenants and Lieutenant (Junior Grade).

Student groups regularly tour NRMC



THE JAPANESE EXCHANGE student signing the guest register in Rear Admiral Sparks' office resides in the home of Norman Woehrman (Laboratory Service). He is one of ten Japanese students having an interest in health care who took a tour of the Medical Center.

One or two days a week the Admiral's Aide may be found conducting a junior high school or high school group on a tour of the hospital. They are first given an overall introduction to the Medical Center in a slide film presentation. Then it is likely that the tour may proceed to the Navy Prosthetic Research Laboratory.

Last week a group of boys and girls from McKinley School of San Leandro was described by Mr. Charles Asbelle, their lecturer at NPRL, as being a particularly sharp and inquisitive mix of juniors. After Mr. Asbelle had finished demonstrating a flexible ankle and other mechanisms in the manufacture of artificial limbs, the question of one young man was, "Are we close to developing the bionic man?"

When the youths were touring the Laboratory Ser-

vice, HMC Harold VonGross took a pint of blood from refrigeration and explained that it must be used within 21 days. One alert inquirer asked, "And if not used, instead of being wasted, could it be returned to the donor?" Whereupon, the Chief explained that the human body would have already replaced the blood. Nevertheless, today's students pose pertinent questions!

It is possible that staff members who have been aboard for years really know little about the internal operations of this vast facility. To sneak alongside the next tour might be to learn that we now dry a cast in a microwave oven in 17 minutes instead of in 24 hours. One might also learn that many more of our amputees are here because of accidents with motorcycles than with sharks!

Super duper swap planned for May 29

Because our facility is an educational one, each year about the time of June graduation families begin to sort belongings and pack up for their big move. Interns come, interns go. New assignments this year, however, would seem to be causing a larger upheaval in the military population than in previous years. Consequently, the Officers' Wives' Club is organizing a swap meet and flea market expected to surpass all "garage

sales." The general public is invited.

The affair will be held at the O'Club parking lot on Saturday, May 29, from 10 a.m. to 4 p.m. Everyone is encouraged to hold on to their discards until that date. Then they should rent a space at minimal fee, set prices and mark their items, have their own change and paper bags available. And as it usually works, sell their wares and buy a neighbor's.

It is planned that by 4:30 all the wonderful goods of each vendor will be sold; they will clean up, count their money, gloat over bargains, and be back at the club by 6 p.m. for a big togetherness barbecue.

It should be fun. There should be many good swaps to add to the poundage to be shipped. For information phone Shirley Elliot, 562-5844.

SPORTS

Shorts

Lab dethrones POGA for 1976 basketball crown

Sarha stars

With Gene Sarha splitting the net for 21 points, followed closely by Mitchell Wright with 14 points, Lab pulled off one of the most electrifying comeback wins this Command has witnessed.

POGA was leading by 10 points with only 1 minute left on the clock, when a series of turnovers by POGA enabled Lab to close the gap and go on to win by two points. Mitchell Wright scored two free throws for the deciding two points.

Team Captain Howard Chase added six points to aid his team's win.

John Darden also chipped in four points for Lab.

William J. McDaniel, a physician in Orthopedic Service, is an Interservice Wrestling Champion. At Ft. Dix, N.J. on March 15-18, McDaniel took a gold medal in the Greco Roman and a silver medal in freestyle. (More about him next issue.)

Chief Lightfoot explains bike safety



photo by Kathy Strauss

YOUNG GASPER ABBATE is taught by an expert that protective head gear is important in bike safety. A four-some from a Howard School mini-course interviewed the Chief. The other journalists are **Brian Kennedy**, **Domingo Corral** and **Kathy Strauss** (not pictured).

HMC Paul T. Lightfoot, of Preventive Medicine Service, should know a bit about bike safety. He has pedaled 15,000 miles in the last 3 years without major catastrophe. Consequently, when he spoke to four children from Howard School, who are taking a mini-course in journalism under Jo Spivey, he was speaking both with authority and from experience.

Dressed in his racer clothes, which includes a red sweat suit so that he may be easily seen, he showed the boys and girls his special gloves and cleat shoes which help in bike control. He let them try on his protectively interlined helmet, and showed them where he carries his water

NROTC scholarship available this fall

Chief of Naval Education and Training has developed a new 2 year Navy Reserve Officer Training Corps Scholarship. This program will provide an individual with full tuition, books, uniforms, other educational expenses, and \$100 a month. Depending upon the institution a person attends, the scholarship can be worth as much as \$10,000.

The requirements for this program are that you have enough units to be a junior when classes convene next fall, a semester each of calculus and physics, or two semesters of calculus, be under 23 years of age on June 30, 1976, and be admitted to a university with a NROTC unit on campus. There are 58 such universities in the country; U.C. Berkeley, UCLA, Penn State, MIT to name a few.

Application procedures require taking the Officer Aptitude Rating, interviews, physical examination, review of transcripts from previous college work, and character and employment references. Completed applications must be

received prior to May 1, 1976, in Recruiting Command. Applications should be initiated immediately. Personnel who are interested, both active duty and civilians, should contact the Navy Officer Programs Office in Oakland at (415) 273-7377 as soon as possible. All application paper work will be processed through that office.



Tip-a-canoe course offered

The Red Cross lessons in canoeing are being offered again beginning Monday, May 17. The first 2-hour session is at the station pool beginning at 7 p.m.

Mrs. John Vander Meer is the very excellent instructor and will be happy to explain in detail. Telephone 582-6898.

Active duty military personnel are encouraged to attend. "Rough waters here they come!"

MOVIE SCHEDULE

Friday, April 9

PRISONER OF SECOND AVENUE — Jack Lemmon, Ann Bancroft — Comedy Drama (PG)

Saturday, April 10

MURDER ON THE ORIENT EXPRESS — Albert Finney, Lauren Bacall — Mystery Drama (PG)

Sunday, April 11

THE CRAZY WORLD OF JULIUS VROODER — Timothy Bottoms, Barbara Seagull — Comedy (PG)

Monday, April 12

YOUNG FRANKENSTEIN — Gene Wilder, Peter Boyle — Comedy (PG)

Tuesday, April 13

THE LAST TRAIN — Rommy Schneider, Jean Louis Trintignant — Drama

Wednesday, April 14

ISLAND AT THE TOP OF THE WORLD — Donald Sinden, David Hartman — Adventure Story (G)

Thursday, April 15

SLAUGHTER — Jim Brown, Stella Stevens — Action Drama (R)

Friday, April 16

AT LONG LAST LOVE — Burt Reynolds, Cybill Shepherd — Comedy Musical (PG)

Saturday, April 17

MIXED COMPANY — Barbara Harris, Joseph Bologna — Comedy (PG)

Sunday, April 18

EASTER - NO MOVIE

Monday, April 19

THE SILENT STRANGER — Tony Anthony, Lloyd Battista — Drama (PG)

Tuesday, April 20

THE HINDENBURG — George C. Scott, Anne Bancroft — Adventure Drama (PG)

Wednesday, April 21

SLEUTH — Laurence Olivier, Michael Caine — Suspense (PG)

Thursday, April 22

DOG POUND SHUFFLE — Ron Moody, David Soul — Drama (G)

Friday, April 23

LIVE A LITTLE, STEAL A LOT — Robert Conrad, Don Stroud — Suspense Drama (PG)

The OAK LEAF



Vol. 38, No. 9

Friday, April 23, 1976

NAVAL REGIONAL MEDICAL CENTER, OAKLAND

A story lurks behind our barber's shears

Three years ago, in the Spring of 1973, the Prisoners of War from North Vietnam were being given health care here at NRMCO Oakland. In press conferences some told of near death.

Last week the Christian community finished celebrating "the Easter Season and the resurrection of the 'King of the Jews.'" Here at Medical Center we have a barber, a Jew, who at one time in his life came so close to death that to be saved was almost like resurrection.

Back in the Spring of 1945, now over 30 years ago, Mr. Israel (Ike) Nadjari, who works in the building 500 barbershop, was in a German prison camp. He awaited death and had less than 2 hours to live when his group was liberated by a Russian unit.

His history reads: During World War II, as a saboteur from Salonika, Greece, the reality of Ike's future held nothing but genocidal death. As a Jew in Nazi occupied Europe, he had no nation. His nation had turned against his people.

He and his family were taken from their Salonika ghetto in 1942 and sent North into Poland. Of his mother, brother, two sisters, wife, two children and eight nephews who left Greece with him, only his brother and he returned from the Nazi horror chambers at war's end.

Death was not only his expectation, but in that period as a prisoner, Ike often wished for death. It was automatic for the weak; but punishment and forced labor were the only alternatives for the strong. His tasks were to build roads, to make bombs — and to cut hair. By cutting the hair of his fellow prisoners he occasionally was able to gather extra food. But such gleanings were inadequate to insure life.

Every month the prisoners were inspected and all weighing less than 120 pounds were exterminated. When Ike's weight dropped to 98 pounds, he, too, was packed into a truck with some 60 other prisoners and moved to an execution area. Only by 120 minutes did he survive Auschwitz and Buchenwald.

In 1956, Ike Nadjari came to work in this hospital as a barber. He will retire the 30th of this month. He is now married. He has a son and daughter and three grandchildren. The nightmares are slowly fading.

The tattoo on his left forearm will probably always remain to remind him of man's inhumanity to man. Is it any wonder that our quiet, efficient barber at NRMCO feels that he was rescued for new life from a cross that he was prepared to bear.



Military get extra months to use FY 1977 leave

Armed Forces members will get three extra months in fiscal year 1977 to use any accrued leave.

The 1974 Budget and Impoundment Act changed the fiscal year, effective in FY '77. With the change, FY '76 ends June 30, 1976 but FY '77 does not begin until October 1, 1976. This leaves the months of July, August and September as a transition period—labelled 1977.

Persons with more than 60 days accrued leave as of June 30, 1976 will lose the excess. However, the following three-month transition period will benefit Servicemembers because they will have 15 months instead of 12 before the end of the next fiscal year—September 30, 1977.

The extra three months of grace will happen only one time. However, the new fiscal year make-up will allow Servicemembers to take leave during the months of July through September 1977 without having to worry about losing it because it was not taken by June 30, 1977.

ALL HANDS: An upper division course in abnormal psychology, Psych 428, will be taught at NRMCO Oakland during the noon hour commencing May 10 and ending July 16. Dr. John Gible of Chapman College is the instructor. The course will be held Monday, Wednesday and Thursday. Call exts. 2237/2238, Education and Training, for further information.

In an emergency Keep calm; give all facts

TELL WHERE in specifics.
TELL WHAT happened.
TELL WHO, giving names.
TELL WHAT help is needed.

Then give other person a chance to question. Be prepared by posting phone numbers near telephone.

Public invited to Armed Forces event

The Naval Air Station Moffett Field will open its gates to the general public on Saturday, May 8, in honor of Armed Forces Week.

The open house will feature static displays of both current and former Navy and Air Force aircraft, exhibits and displays, inside the landmark Hangar One.

In keeping with the bicentennial celebration, the theme of this year's observance has been designated "Honor America."

The station gates will be open from 10 a.m. to 4 p.m. Admission and parking are free. Refreshments will be available.

**Armed
Forces
Week
May 8-15
1776
1976**

NAVAL REGIONAL MEDICAL CENTER,
OAKLAND, CALIFORNIA

RADM Henry A. Sparks, MC, USN,
Commanding Officer
CAPT Ira J. Woodstein, MC, USN,
Director of Clinical Services

CDR Hubert H. Sowers, MSC, USN, Director of Administrative Services
CDR Emery J. Hatch, MSC, USN, Public Affairs Officer and THE OAK LEAF Advisor

Editor: Jo Spivey

Photography: HM1 Steven L. Spring, HM2 T. J. Town, Jo Spivey, HN D. Manley

THE OAK LEAF is a semimonthly publication produced commercially with appropriated funds in compliance with NAVEXOS P-35, Rev. Jan. 1974. Opinions contained herein are not official expressions of the Department of the Navy.

THE OAK LEAF receives American Forces Press Service and NAV NEWS material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Regional Medical Center, Oakland, Ca. 94627.

MARCH SAILOR OF MONTH HM3 HOWARD



The Commendation letter and congratulatory "Well Done" extended HM3 Thomas R. Howard is very descriptive of the superior performance which he has shown while serving as an Instructor for Inservice Training and Emergency Medical Technician Training.

"Spending many hours creating an Emergency Medical Technician curriculum, Petty Officer Howard has been directly instrumental in establishing the Emergency Medical Technician Course here at this graduate training medical center. Testing audio-visual aids, writing examinations and revising Instructor Guides, Petty Officer Howard's efforts have greatly enhanced the initial and continuing success of the Emergency Medical Technician program. Eager to assist students, he has demonstrated a firm understanding of teaching fundamentals. Petty Officer Howard displays mature judgement, utilizing his exceptional abilities to establish an admirable record of accomplishments. Innovative and thorough in his approach to duties, Petty Officer Howard tenaciously pursues the objectives set before him. Contributing to high department morale, his radiant personality and courteous manner further reflect the invaluable character of Petty Officer Howard."

the Chaplain's Corner

THE BEST THINGS DO NOT ALWAYS COME TO THE SWIFT

Cameron Hawley, in his brilliant novel "The Hurricane Years," has his middle-aged hero comment and describe the typical up-tight man. The description went like this: He is the man who has been running like mad all his life, running not only because it was the thing his character urges him to do, but also it was what he was told to do, if he wanted to get anywhere. In his twenties it was easy. He ran with the natural energy of a young animal. In his thirties it was harder. The going got a little heavier. But there was something to keep him running—a better job, a bigger pay check, more status. And then he hits the forties. He gets tired then but keeps running. Natural energy is spent; but still he runs.

I know Hawley's runner. He's the poor fellow who has lost sight of whatever significant destination he may have had because the quest has become the goal. Or put another way, he's that unfortunate individual who holds the notion that the best things in life always come to the swift. He would quip: "Good things do come to those who wait, but they are the left overs from those who hustle." That sounds rather clever but so many poor gents I've known like that seldom do more than kick up dust.

Nearly everybody has his own ideas about this. Lord Avebury's illuminating remarks in his book "Ease of Life" actually sums up my whole point. "Rest is not idleness," he said, "and to lie sometimes on the grass under the trees on a summer day, listening to the murmur of the water, or watching the clouds float across the blue sky, is by no means a waste of time." There is just so much more to be done with life than merely increasing it's speed.

I think of Jesus and of how He lived in quiet Nazareth and obscurity for 30 years. There's no indication that He wanted to rush anywhere. Such is God's way. In all His works there is a conspicuous absence of haste and hurry. All He does ripens slowly. The great oak grows great and strong because it grows slowly and well.

CDR L. Wayne Rushing, CHC, USN

OFFICER Hail and Farewell

Reporting February and March

CAPT Virawong Mahasandana
LCDR Joseph J. Conavad, CHC
LCDR Charles H. Dennis, MC
LCDR Dolores J. Dillon, NC
LCDR Jesus E. Fajardo, MC
LCDR Gary L. Franssen, MC
LCDR John R. Freeman, MC
LCDR Alice A. Moyer, NC
LCDR Patricia A. White, NC
LCDR Wade H. Wong, MC
LT Martha R. Franssen, NC
LT Louis D. Freeman, MC
LT Elwood W. Hopkins, III, MC
LT Peter W. Won, MC
LTJG Bruce L. Custis, MSC
LTJG Susan H. Custis, MSC
ENS James V. Finch, NC
ENS Susan M. Smalling, NC
ENS Kathleen D. Giefer, NC
ENS Robin M. Waldron, NC
ENS Michele H. Willis, NC

Detaching February and March

CAPT Harold N. Clark, MC
CDR Donald D. Bell, MC
LCDR Colon S. Jackson, CHC
LCDR James S. Westby, MC
LT Kenneth L. Andrus, MC
LT Clinton Boyd Jr., NC
LT Carol Cusimano, NC
LT Victor G. Matl, MSC
LT Jack W. Shepherd, MSC
LT Ramona Wagner, NC
ENS Tonimari Tell, NC

From:

Thailand
Marine Corps Supply Center
USS Hancock
NRMCMC, Long Beach, Ca.
NAS Lemoore, Ca.
Inactive
NH Subic Bay, R.P.
NRMCMC, Charleston, S.C.
NRMCMC, Long Beach, Ca.
NAS Miramar
NH Lemoore, Ca.
Tulane Medical School
Inactive
3rd Marine Division, Okinawa
NNMCMC, Bethesda, Md.
BuMed, Washington
NRMCMC, Newport, R.I.
NRMCMC, Newport, R.I.
NRMCMC, Newport, R.I.
NRMCMC, Philadelphia, Pa.
NRMCMC, Newport, R.I.

From:

Branch Clinic, Moffett Field
Surgery Service
Pastoral Counseling
Branch Clinic, Alameda
Branch Clinic, Moffett Field
Nursing Service
Nursing Service
Clinical Investigation Center
Radiology Service
Nursing Service
Nursing Service

To:

Observership program
Psychiatry Service
Otorhinolaryngology
Nursing Service
Anesthesiology Service
Branch Clinic, Moffett Field
Orthopedic Service
Nursing Service
Nursing Service
Branch Clinic, Moffett Field
Nursing Service
Orthopedic Service
Neurology Branch
Branch Clinic, Alameda
Data Processing Branch
Education and Training
Nursing Service
Nursing Service
Nursing Service
Nursing Service
Nursing Service

To:

NRMCMC, Guam, Mariana
RAD California
NRMCMC, Long Beach, Ca.
RAD Minnesota
USS Truxton
RAD California
NRMCMC, Pearl Harbor, H.
RAD California
USS Ranger
RAD Montana
RAD California

SIGNS OF CANCER

April - Cancer Control Month



LIFETIME POLICY: See your doctor every year for a thorough health checkup, no matter how well you may feel.

DAY-TO-DAY POLICY: See your doctor immediately if you have any one of cancer's warning signs that lasts more than two weeks:

1. Unusual bleeding or discharge.
2. A lump or thickening in the breast or elsewhere.
3. A sore that does not heal.
4. Change in bowel or bladder habits.
5. Hoarseness or cough.
6. Indigestion or difficulty in swallowing.
7. Change in size or color of a wart or mole.



UP AT ENLISTED HOUSING this topsy-turvy world simply means all's fun with the world.



UNIDENTIFIED PARTICIPANT at Labor Relations Seminar on April 7 found the subject very interesting.

All around and about the compound of NPMC Oakland



THE ENLISTED CLUB is getting a splash of yellow-orange by HM3 Robert Segura. With the help of Alameda's Seabees, the crew of three builders, one electrician, five plumbers and seven corpsmen are likely to have the new club open on time.



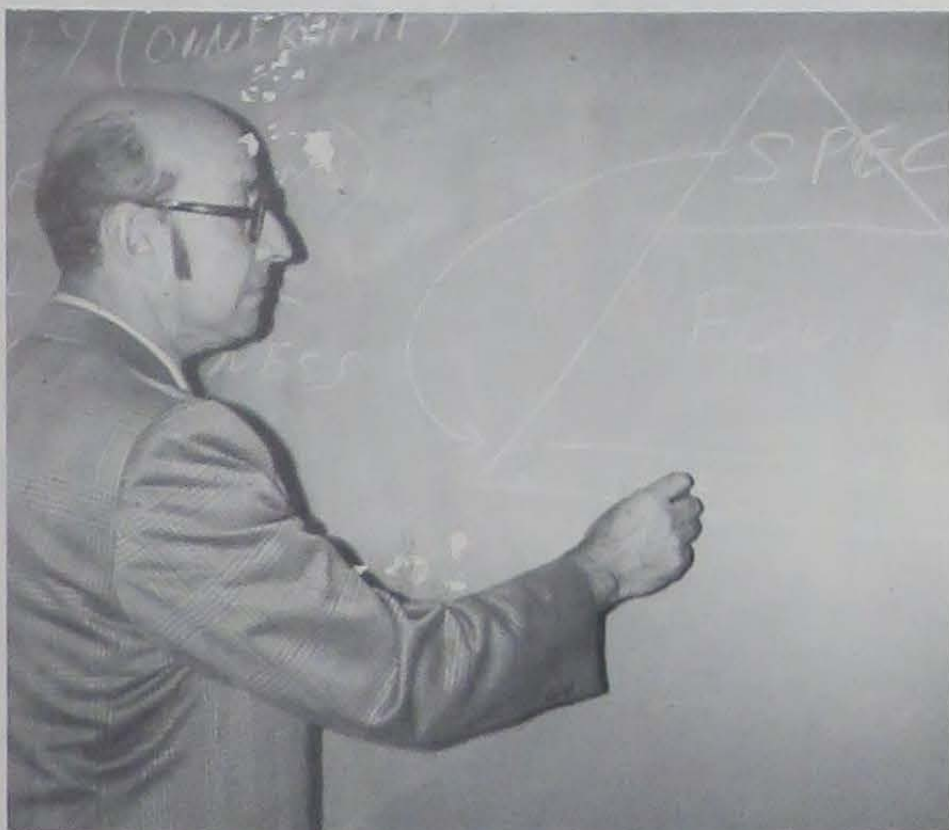
THE CREDIT UNION at its spot below the Red Cross building is planning on a firm foundation.

**An Instructor Class
in Water Safety
begins
May 4, 1976.**

The Oakland-South Alameda County Chapter American National Red Cross offers the course. Call 533-2321, ext. 211, for information.



THE CRAZY MIXED UP CLOCK in the office of the Director of Clinical Services doesn't know whether it's lunch time or nap time.



MR. HARRY BARTOLOMEI at the April 9 meeting of Women-in-Action presented a broad spectrum of finance and investments counseling. He explained differences between mere interest bearing non-investments and true "equity" investments.



THIS IS NO HOLD UP! Major Kenneth Anderson is using the electrical pointer in discussing a peripapillary halo at the Tri-Service Military Optical Optometric Conference held here April 8.

Catching up on who's been doing what...

Reenlistments

BT1 James D. Russell, Operating Management Service
HM3 Prince Wilson Jr., Laboratory Service

Advancements

HM3 Ernest V. Andres, Operating Room School student
HM3 Valeriano V. Mapalo, Laboratory Assistant School student
HM3 Mary S. Noble, Orthopedics Service

Navy Good Conduct Award

HM1 Luther T. Rinehart, Psychiatry Service
HM3 Jeffrey D. Moon, Psychiatry Service

Promotions

To LT, Mary K. Backer, NC
To LT, Dennis R. Dey, MSC
To LTJG, Mary K. Clancy, NC
To LTJG, Richard A. Haase, MSC
To LTJG, Christina R. Oberg, NC
To LTJG, Cathy L. Robinson, NC

Letters of Appreciation

LCDR Roberta M. Graham, NC
HM1 William B. Ruiz, Ophthalmology Service

Golf champ wins big

CDR Les Sechler, MC, USN, from the NRMCO Branch Clinic, Naval Air Station, Moffett Field, captured the 1976 Showboat Motel Military Golf Classic held in Las Vegas last week.

Dr. Sechler finished the 54 hole tournament, which was played under the scramble format, with a score of 23 under par. Over 300 golfers, representing the Navy, Marines, Air Force, Army and Coast Guard, reserves and retired personnel, participated at the three local courses — Paradise, Craig Ranch and the Sahara-Nevada Country Club.

For his outstanding performance, Commander Sechler was awarded with a set of Ping golf clubs with bag, a digital watch and a trophy. Awards were given by Showboat hostess Jeanne Cahlan and Bob Kenneth, Director of Public Relations.

Cadet Corps for someone you know?

Commander Robert McCullagh's son is a Sea Cadet under a volunteer youth training program for young men 14 through 17 years of age. Through the Naval Sea Cadet Corps (NSCC) the cadets are provided the opportunity to study in various disciplines, including Naval Officer preparatory courses and even medicine.

After satisfactory completion of advancement-in-rate training and examinations, a qualified cadet may be enlisted in the Navy or Naval Reserve at an advanced E-3 paygrade.

Sounds pretty good? For more information call LTJG Edward Smith, Executive Officer of the Preble Division, telephone 531-3785, for drill time and place.

CRIME PREVENTION TIP

Citizen-band radios have become a very popular item; also popular among thieves. If you use a citizen-band radio in your vehicle, remove it and place it in the trunk when you are going to be away from your car.

ENLISTED Hail and Farewell

Reporting February and March:

From Naval Hospital Corps School, Great Lakes, Ill., HAs Patrick Aromando, Robin Deip, Sophia Gonzalez and Rhonda Robinson;

From Naval Science Health School, San Diego, HAs Richard Bailey, John Beall, James Deaton, Richard Dodson, Gretchen Dyke, Antoinette Gonyea, Carl Grippa, Kenneth Herren, George Isble, John Oldenbrook and HNs Johnson Chan, Patrick Donohue, Andre Johnson, Thomas Mathews, Tommy Midgley, Romero Pascual, Josephine Robinson, Timothy Rogers, Daniel Summaria, Nancy Thomas and Steven Twilleager;

From 3rd Marine Division, HMC Ernest Copas;
From Health Science Education and Training Center, San Diego, DN Obbie Lawton;

From NRM, Guam, M.I., HN Jerry Robinson;
From NRM, Orlando, Fla., HN Brenda King;
From NRM, San Diego, HA Mary Grant;
From USS Constellation, HM2 Robert Jackman;
From USS Wiltsie (DD716), HMC Jose Santiago Jr.;
From USS Hancock (CV19), HM3 Bradley Lua;
From NRM Camp Pendleton, Ca., HM3 Russell Fowler Jr.;
From 1st Marine Brigade, Fleet Marine Force, HM1 Charles Williston and HM2 Harry Wallace.

Detaching February and March:

To 1st Marine Division, Fleet Marine Force Pacific, HM3s Odis Daugherty, Clifford Terry and HN Douglas McKinley;

To Naval Science Health School San Diego, HM3 Frederick Husband;

To 3rd Marine Division, Fleet Marine Force Pacific, HM2 Randall Hudson, HM3s Scott Jeffries and Joseph Rapoza; HNs Victor Biskup Jr., Anthony Laird, Michael Lepper and Patrick Naughton;

To USS Niagara Falls (AFS-3), HMC Joseph Urbina;
To NRM, Portsmouth, Va., HA Darcy Kick;

To Field Marine Science School, Camp Pendleton, Ca., HM3s Timothy Lynch, John Martorano Jr. and David Rust, HNs Lee Nanni, Toby Morrison, Robert Toman, Isidro Trujillo and Donald Welty;

To Navy Recruit District Medical Technician, Denver, HM1 Romulo Alim Jr. and HM2 Robert Lusk Jr.;

To USS Blue Ridge (LCC19), HN Allan Jacobson;
To USS Oriskany (CVA34), HM1 Charles Jefferson;
To USS Wichita (AOR1), HM3 Kelly Beaumont;
To USS Kitty Hawk, HN Stephen Bauman;
To USS Wabash, HN Rick Velasquez;
To USS Hector, HM1 Eugene Davidson;
To USS Kisha, HM3 Jeffrey Mundell;

To 1st Marine Division, Fleet Marine Force Pacific, HM3 Jeffrey Wood;

To Naval Hospital, Adak, Alaska, HM3s Nicholas Arnstein and Steven Maggiore;

To Naval Hospital Subic Bay, P.I., HM3 Lawrence Soto, HM2 William Huffman, HN Mathew Offe and HA Keith Vann;

To Pharmacy, San Diego, HM3 Rose Burleson;
To VQ1 Guam, HM3 Michael Pease.

Honor
America

Honor
America

Honor
America

Honor
America

Staff babies BORN AT NRM, Oakland

On March 28, 1976, Lata Murti, 7 pound 12 ounce daughter of Viji and LCDR Saty Murti... on March 28, Joyce Renee Williams, 6 pound 7 ounce daughter of Brenda Ann and HM2 Stevenson Williams... on March 29, Sean Michael William Davis, 8 pounds 7 1/2 ounce son of Karen Sue and HM2 Ronald D. Davis... on April 8, Jeremy Joshua Lyons, 7 pound son of Jane Marie and HM3 Thomas E. Lyons... on April 10, Angela Michelle Ericson, 7 pound 3 1/2 ounce daughter of Jean Marie and HM3 Robert S. Ericson... on April 14, Amanda Marie Kellogg, 7 pound 2 ounce daughter of Anita M. and LT William F. Kellogg.

MOVIE SCHEDULE

Saturday, April 24

MR. RICCO — Dean Martin, Eugene Roche — Suspense, Drama (PG)

Sunday, April 25

THE GREAT GATSBY — Robert Redford, Mia Farrow — Drama (PG)

Monday, April 26

THE EXORCIST — Max Von Sydow, Ellen Burstyn — Horror, Drama (R)

Tuesday, April 27

SHAMPOO — Warren Beatty, Goldie Hawn — Comedy, Drama (R)

Wednesday, April 28

STORY OF A TEENAGER — Gregory Harrison, Roy Grier — Drama (PG)

Thursday, April 29

YAKUZA — Robert Mitchum, Takakura Ken — Adventure, Drama (R)

Friday, April 30

THE BEARS AND I — Patrick

Wayne, Chief Van George — Human Interest Story (G)

Saturday, May 1

MY WAY — Joe Stewardson, Madeline Usher — Drama (PG)

Sunday, May 2

NOT NOW DARLING — Leslie Phillips, Julie Ege — Sex, Comedy (R)

Monday, May 3

THE LONGEST YARD — Burt Reynolds, Eddie Albert — Action, Comedy Drama (R)

Tuesday, May 4

FUNNY LADY — Barbara Streisand, James Caan — Musical, Comedy (PG)

Wednesday, May 5

BREAKHEART PASS — Charles Bronson, Ben Johnson — Action, Drama (PG)

Thursday, May 6

THE REINCARNATION OF PETER PROUD — Michael Sarrazin, Jennifer O'Neill — Drama (R)

The OAK LEAF



Vol. 38, No. 10
Friday, May 7, 1976

NAVAL REGIONAL MEDICAL CENTER, OAKLAND

I.B.E.W. 2297 Signs Contract



In San Francisco, garbage piles up for weeks and buses fail to run while city workers remain out on strike. At a military facility in the Bay Area, labor negotiations have been known to take as long as 2 1/2 years, 4 hours a day, 3 times a week before a contract is signed.

At Naval Regional Medical Center, Oakland, on April 21, 1976, a contract was signed with the International Brotherhood of Electrical Workers. It had taken only a very short time to reach accord and agreement. In fact, members had worked together so effectively and expeditiously that it was agreed they should meet every quarter to continue the productive interaction.

Other agencies might make note: The way to make it work is to have such mutual contractual terms to begin with that all that is required is an extension of agreement, which might read:

"In accordance with Article XXXIX, Section 5, this Agreement is renewed without change for a period of three years from its expiration, effective on 1 June 1976, upon approval of the Office of Civilian Manpower Management.

IN WITNESS WHEREOF the parties hereto have entered into this Agreement on the twenty-first day of April 1976."

For the International Brotherhood of Electrical Workers, Local 2297

For the Naval Regional Medical Center, Oakland, Ca.

Frederick Le Jensen
FREDERICK LE JENSEN, PRESIDENT
Chief Negotiator

H. A. Sparks
H. A. SPARKS, RADM, MC, USN
Commanding Officer

Grant C. Brown
GRANT C. BROWN
Business Manager and Financial Secretary

I. D. Howard
I. D. HOWARD, LCDR, MSC, USN
Chief Negotiator

James Crayton
JAMES CRAYTON, VICE PRESIDENT
Chief Steward

C. R. DeKrey
C. R. DEKREY, LCDR, MSC, USN
Deputy Chief Negotiator

CHAMPUS rule changes

The Civilian Health and Medical Program of the Uniformed Services (CHAMPUS) is no longer authorized to pay for Christian Science services.

The 1976/77 Defense Appropriations Act prohibits CHAMPUS payments for any service or supply which is not medically necessary to diagnose and treat a mental or physical illness, injury, or bodily malfunction as diagnosed by a physician, dentist, or clinical psychologist. This prohibition, according to Defense officials, precludes payment for Christian Science services.

The prohibition went into effect on Feb. 9, the date the Act was signed into law.



Happy Birthday Navy Nurse Corps



DEPARTMENT OF THE NAVY
DIRECTOR NAVY NURSE CORPS
WASHINGTON, D.C. 20372

13 May 1976

TO ALL NAVY NURSE CORPS OFFICERS

On the occasion of the Sixty-Eighth Anniversary of the establishment of the Navy Nurse Corps, I send to you my personal greetings and best wishes.

It is fitting that during the nation's bicentennial year we reflect upon the accomplishments and deeds of our Corps. We have much to be proud of. The distinguished record of our past has forged a proud tradition, a sense of purpose and dedication, and a status of professionalism surpassed by none.

We are now building for tomorrow - building with a fervor that expresses our commitment to excellence, to our patients, and to our nation. The next few years and those that follow into the new century can be as exciting as they are challenging. I am confident that our future endeavors will continue to enhance our proud heritage.

To each of you who serve in dedication and who pledge your efforts to our mission, I thank you. To all who share my pride in the Navy Nurse Corps, I wish you the greatest success.

Happy Anniversary.

Maxine Conder
MAXINE CONDER



NAVAL REGIONAL MEDICAL CENTER,
OAKLAND, CALIFORNIA

RADM Henry A. Sparks, MC, USN,
Commanding Officer

CAPT Ira J. Woodstein, MC, USN,
Director of Clinical Services

CDR Hubert H. Sowers, MSC, USN, Director of Administrative Services

CDR Emery J. Hatch, MSC, USN, Public Affairs Officer and THE OAK LEAF Advisor

Editor: Jo Spivey

Photography: HM1 Steven L. Spring, HM2 T. J. Town, Jo Spivey, HN D. C. Manley

THE OAK LEAF is a semimonthly publication produced commercially with appropriated funds in compliance with NAVEXOS P-35, Rev. Jan. 1974. Opinions contained herein are not official expressions of the Department of the Navy.

THE OAK LEAF receives American Forces Press Service and NAV. NEWS material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Regional Medical Center, Oakland, Ca. 94627.



the Chaplain's Corner

TO WHOM MUCH IS GIVEN

Pascal once said that most of the world's grief comes from "man's being unable to sit still in a room." He is about half right. My father gave another reason. "Much of the world's woe," he says, "comes from man's unwillingness to get up off his backside and work." That may not be the language of his son, but it is his son's sentiment.

I learned a long time ago that I cannot, even with serious effort, do much to help a man improve his position if he has no resolve to work hard. Having reached that conclusion, I am in the good company of Andrew Carnegie, who wrote back in 1895, "There is no use whatsoever trying to help people who do not help themselves. You cannot push anyone up a ladder unless he is willing to climb himself."

Slothful people are sometimes the subject of humorous stories. One I remember has to do with a small south Georgia town that offered a \$5 prize for the laziest man in town. A man known to hang around the pool room, who had never been known to hit a lick of work, won the prize. The committee went to deliver the award and he was found, as expected, at the pool room asleep on one of the tables. The chairman of the committee shook him awake. That is, as near as they could get him awake at that time of day, and told him, "We had a contest to see who is the laziest man in town and you have won first prize; we have \$5 for you." He sort of blinked his eyes slowly and said, "Well just roll me over and stick it in my hip pocket."

Sailors have liked that story. I think the reasons my shipmates can laugh at that is because they are, by nature, more inclined toward seeing the humorous side of slothfulness than toward seeing the sorrowful state such a condition can bring.

My own good fortune of health, training, position and a reasonable span of influence is regarded by me as an obligation to work well and hard. "Of those to whom much is given, much is required," are not words to be taken lightly. This thought is summed up best in the words of Albert Einstein: "A hundred times everyday I remind myself that my inner and outer life depends on the labors of other men, living and dead, and that I must exert myself in order to give in the same measure as I have received."

Exactly.

CDR L. Wayne Rushing, CHC, USN

Fire fighters live dangerously

Personal injuries and fatalities due to home fires rank third nationally after automobile mishaps and accidental falls in the home.

For fire fighters personally, their's is the most dangerous occupation in the United States. Eighty-four fire fighters per 100,000 lost their lives on the job in 1974. Even police work ranks third, with an on-the-job death rate of 51 per 100,000.

Help cut down the number of fires and help cut down the hazard. All good scouts do their part.

Here's a new
bumper sticker:

The Marine Corps Already
Has Their "Few Good Men"

NAVY CORPSMEN

ENLISTED Hail and Farewell

Reporting in April:

From Naval Science Health School, San Diego, HA's Daniel Bonilla, Kevin Garvin, Randall Kool, Deborah Marshall and Donna Monteiro;

From NRMC, Camp Lejeune, N.C., HM3 Robert Segura;

From NRMC, Philadelphia, HM3 David Rainier;

From Naval Station, Keflavik, Iceland, DN Charles Sears;

From NH Subic Bay, R.P., HM3 Edgar Caburian;

From Naval Hospital Corps School, Great Lakes, Ill., HA's Jody Lake and Brenda Taylor, HN Beverly Lewis; HM3 Luanne Smith.

Detached in April:

To Post Graduate School, Monterey, HM2 Ralph Hughes;

To 3rd Marine Division, Fleet Marine Force Pacific, HM3's David Chan and Toby Morrison;

To 1st Marine Division, Fleet Marine Force Pacific, HN3 George Hernandez and HM3 John Cerda;

To U.S. Naval Hospital, FPO San Francisco, HN Keith Vann;

To NRMC, Long Beach, Ca., HA Ann Eckersall;

To NRMC, San Diego, HM3 Robert Regen;

To NRMC, Camp Lejeune, N.C., HM3 Jose Soto III.

Lemoore hoists assist flag

Captain E. B. Miller, Commanding Officer, Naval Hospital, Lemoore, Ca. and Signalman Third Class, Loretta M. Kelly, are shown as they prepare to hoist the Navy signal code flags atop the Naval Hospital.

This code is used in the rescue of ships in distress at sea, and is particularly meaningful to the Naval Hospital at Lemoore. It ultimately summarizes the purpose of the health-care facility. The pennants, translated from Navy lingo, mean "We stand by to assist."

Miss Kelly volunteered her off-duty time and effort to hand-make the flags. She is currently stationed with the Naval Air Station, working in the mail room.



Photo by Phan Cotton

Jobs here aid students



Wesley Fong

Wesley Fong is one of the students employed at NRMCO under the Oakland Youth Work Experience Program. Working as student aid in the Data Processing Branch, Wesley is gaining valuable experience on the 1005 Univac. He has learned to wire the panel board for the collator, to use the keypunch and sorter; and he has gained familiarity with a computer language.

At the moment, Wesley is taking an auto mechanic course at Merritt College. There he has already gained his brake license. The two areas of study seem far removed from each other; however, by the time Wesley Fong spends 16 hours a week for 10 months on his data processing job, it is possible that "experience" may turn into "career."

Another student working at NRMCO is Don Askey. Don was with us last summer as a student aid. His work proved so satisfactory that he was continued under the Oakland Youth Work Experience Program last winter.



Don Askey

Don is a personable youth of 20 who knows that he likes electronics — almost as much as basketball and the guitar. He works 16 hours a week in TV Repair Branch, and goes to Laney College at night. His two learning experiences dovetail into a future career.

He has familiarized himself with the volt-ohm-meter, which helps check circuit voltage. He is also learning the more complicated oscilloscope which helps find problems. And he has become quite skilled in repairing the remote control pillow speakers used by patients.

Sorry, Don is not yet in the private TV repair business.

Space, unfortunately, is too limited to feature all of the 20 youth employed at the Center under the Oakland Youth Work Experience Program. Several have shown exceptional aptitude. Three are employed in Data Processing Section, two in Laboratory Service, one in Operational Management Service, two in PT/OT Service, two in Outpatient Service, four each in Food Service and Nursing Service and two in Radiology Service.

Bits and pieces

Mrs. Sarah Knight, secretary to ENT Clinic, has a son who is a lay missionary to Ecuador. St. Paschal's Parish of Oakland helps support some of the work he is doing. He writes that little by little he is gaining the confidence of the people and recently the leader of a communist-oriented group sought help in vaccination of sheep suffering from diarrhea. Although they are near the Equator, David says it is very cold there.

HMC T. Sparks, a student at the PMT School, has little trouble remembering his auto license. It is HMC USN.

Maybe you are not aware that part of the PT/OT School training is to know how it feels to try to make it up the hill in a wheelchair from building 38! Too, they get right in there and test that whirlpool bath.

Some wonderful stories come from Sea World (San Diego). One tells about a killer whale that beached herself. Examination disclosed an abscessed tooth, which was surgically removed. Now Sandy, the mammal, albeit a little hard of hearing, is healthy and being cared for at the cost of \$35,000 a year by the park. They also care for a sea lion that is administered daily oral doses of Dilantin to control its seizures.

The NX reports that they expect to receive the Navy Band two-record album of heritage music produced for the nation's Bicentennial. The album is called Broad Stripes/Bright Stars.

A few weeks ago CAPT V. Goller was spied at the Mini-Mart buying tools for gardening. It should be about time for him to start sharing green vegetables...or was that flower seed he was putting in his basket?

Flip of switch yields cash return



Mr. Santos Marin, Laundry Branch employee, demonstrates for Lieutenant William A. Joseph, Assistant Chief of Operating Management Service, the simple switch that earned for him a nice "Benny Award" check of \$135.

Mr. Marin's idea and

beneficial suggestion will save at least 2,000 manhours a year. That multiplied by an average salary of over \$5 an hour becomes a worthwhile savings for the NRMCO Oakland.

Formerly, to attain the high temperatures required for stained and isolation ward

linens, an operator was required to stand and hold a button in place for 15 to 20 minutes. The button could be released only when pressure rose to 190 or 200 degrees; and at least three such loads were required daily.

Now, a flip of the steam adjuster switch and there is no waiting.

Lieutenant Joseph challenged the employees that if the 27 of them could find a way to pool their ideas and years of experience, that beneficial suggestion awards conceivably could be split 27 ways.

Mr. Tom Payne, who heads the Laundry Branch, replied, "It wouldn't surprise me at all for it to happen. We have the best esprit de corps here in the laundry than anywhere on base. We work together as a team." In fact, there have been three employees part of that team for over 30 years.

Medal of Honor markers recipients

Special memorial gravestones and markers will be provided to families of deceased Medal of Honor recipients as part of the nation's Bicentennial program. The special markers will bear an enlarged representation of the Medal of Honor in gold leaf on marble or granite headstones and in bronze on the cast metal markers.

There is no cost for the memorial markers, but they will not be presented unless requested by relatives of the deceased heroes. Veterans Administration officials indicated they would like to have all the markers in place by Memorial Day, 1976.

Next of kin should contact the nearest Veterans Administration office and advise of their wishes as soon as possible.



REPRESENTATIVES FROM THE CALIFORNIA WOMEN'S BOWLING ASSOCIATION are Miss Mildred Lowe, Mrs. Juanita Cubon and Mrs. Winifred Ford. Also pictured are RADM Henry A. Sparks and LTJG Gene Hart.

Bowling reaps more than health

Over the past 4 years the BVL (Bowlers' Victory Legion) has remembered Naval Regional Medical Center very substantially. They have contributed about \$15,000 for much needed equipment and such desired items as the scoreboard in the gymnasium, the exercise machine that accommodates several persons, camping equipment and the like.

This year we are again the recipient of the BVL Fund's generosity, and with the funds a new kiln is being added to crafts of Special Services. We will soon be able to fire the greenware of patients and

military staff members. Also, there will be funds left over with which to purchase new bowling shoes, pins and other much needed occupational and recreational supplies.

To each bowler who has ever made a contribution to the BVL for VA hospitals and institutions such as ours, we express our deep appreciation.

It has long been known that bowling is a healthful exercise, so Recreational Services personnel are not entirely selfish when they suggest a motto for the BVL. "Keep on a-bowling!"



OFF FOR WIN OR BUST to the North Shores of Tahoe! The 42 aboard came home declaring the trip, under sponsorship of Special Services, itself a winner.



TENNIS POPULARITY increasing nationwide? And why not! with such good form on the courts as Teri Wright, daughter of LCDR Ray Wright.



Five millionth prescription filled

At 11:25 a.m. on April 27, little Rebecca Michelson reached out from the arms of her mother to accept the five millionth — it looks good in figures — 5,000,000,000, prescription to be filled since the commissioning of this hospital.

The order of Dr. Robinson called for an antibiotic (Amoxacillin) intended to allay some ear trouble of the young patient. LCDR M. W. Moy was on hand to fill the prescription. And of course to mark the event as truly historical, our Commanding Officer, Rear Admiral H. A. Sparks, was present.

Ms. Michelson commented, "Guess I'll have to save that bottle."

Movie Schedule

Friday, May 7

BUG — Bradford Dillman, Joanna Miles — Drama (PG)

Saturday, May 8

BLACK SAMSON — Roche Tarkington, William Smith — Action, Drama (R)

Sunday, May 9

ALVIN PURPLE — Graeme Blundell, George Whaley — Comedy (R)

Monday, May 10

BRANNINGAN — John Wayne, Judy Geeson — Suspense, Action (PG)

Tuesday, May 11

THE SUNSHINE BOYS — Walter Matthau, George Burns — Comedy (PG)

Wednesday, May 12

FRIDAY FOSTER — Pam Grier, Thalmus Rasula — Action, Drama (R)

Thursday, May 13

HENNESSY — Lee Remick, Rod Steiger — Historical, Drama (PG)

Friday, May 14

WALKING TALL PART II — Bo Svenson, Luke Askew — Action, Drama (PG)

Saturday, May 15

GODSPELL — Victor Garber, Katie Hanley — Musical (G)

Sunday, May 16

BRING ME THE HEAD OF ALFREDO GARCIA — Warren Oates, Isela Vega — Action, Drama (R)

Monday, May 17

THE FOUR MUSKETEERS — Oliver Reed, Michael York — Comedy, Adventure (PG)

Tuesday, May 18

THE MAN WHO WOULD BE KING — Sean Connery, Michael Caine — Adventure (PG)

Wednesday, May 19

OLD DRACULA — David Niven, Teresa Graves — Comedy (PG)

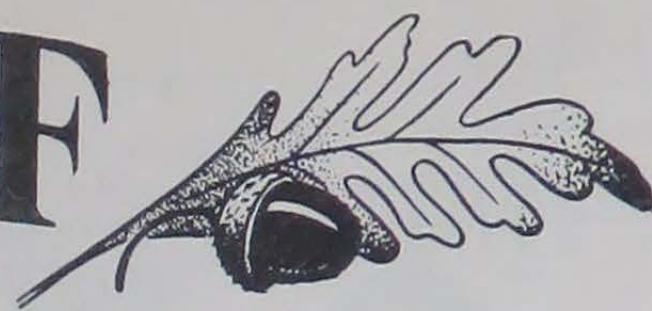
Thursday, May 20

FRENCH CONNECTION II — Gene Hackman, Fernando Rey — Action, Drama (R)

Friday, May 21

POSSE — Kirk Douglas — Adventure (PG)

The OAK LEAF



Vol. 38, No. 11
Friday, May 21, 1976

NAVAL REGIONAL MEDICAL CENTER, OAKLAND



now hear this!

So that you may better know our Medical Center, this is a Directory of Administrative Complex Services. Please save it!

Alcoholics Anonymous Meetings

MONDAY — 2000, NAS Alameda, Bldg. 116
TUESDAY — 2030, NRMC Oakland, Ward 70A
WEDNESDAY — 2000, Treasure Island East Chapel, Bldg. 215
FRIDAY — 2000, NAS Moffett Field, Bldg. E52
Meetings are held every night in the Bay Area. For assistance and schedules, call **653-4300** or the Chaplain's office, **EXT: 2251**. For additional information or assistance call Alcohol Rehab Unit, **EXT: 2087/2088**.

Appointment Desk

From Northern California **800-772-3110 EXT: 2501**. The Central Appointment Desk is in building 73A, and for Oakland and the East Bay Area call **639-2501**. The no-charge toll phone for Northern California is **800-772-3110**.

Bank of America

The Bank of America maintains a branch in Bldg. 73 and the hours are 0930 to 1300; except on military and civilian paydays when the bank remains open until 1400. **EXT: 2050**.

Barber Shop

The Barber Shop in Bldg. 500, third floor, across from the main dining room, has hours of 0800 to 1630 Monday through Friday. Appointments may be made. Haircuts are \$1.75. **EXT: 2230**. The Barber Shop in Bldg. 38, second floor, is open from 0830 to 1630 Monday through Friday, 0830 to 1300 on Saturday. No appointment needed. Haircuts are also \$1.75. **EXT: 2320**.

Beauty Parlor

The Beauty Parlor is also on the second floor of Bldg. 38, and has two operators to serve you. Hours are 0800 to 1700 Tuesday through Saturday. Men's styling also done. Prices from \$3.75 and upward according to length of hair and styling. Call **562-4762**.

Cafeteria (Snack Bar)

The Helm in the Navy Exchange store, Bldg. 38, is open Monday through Friday only, from 0930 to 1500. Closed weekends. **EXT: 2001**. The Navy Exchange also operates the Snack Bar, third floor, Bldg. 500, Monday through Friday, from 0730 to 1400 and 1500 to 2000; Saturday and Sunday from 1100 to 1730. Closed on holidays. **EXT: 3928**. See also **Food Services**.

Career Counselor

More than "shipping over" talk, career counseling includes reemployment rights, unemployment compensation, job finding assistance, civilian career opportunities, health and dental care from VA, Naval Reserve programs, home loans, insurance benefits, medical care, training and educational programs. Maybe even reenlistment benefits. **EXTS: 2027/2394**.

CHAMPUS

See **Health Benefits Counselor. EXT: 2041**.

Chaplains, Church Services

The Chaplains' offices are open from 0800 to 1630 Monday through Friday. A chaplain is on duty 24 hours a day. Offices are on the third floor of Bldg. 500. There are six chaplains to serve the command; four Protestant chaplains and two Catholic chaplains.

Divine Services:

PROTESTANT

Sunday Worship: 1030 in the Chapel of Hope
Holy Communion: First Sunday of each month following the service.
Weddings and Baptisms: By appointment

CATHOLIC

Sunday Mass: 0830 in the Chapel of Hope, third floor of Bldg. 500 and 1200 Clinical Assembly.
Daily Mass: 1200 in the Chapel of Hope (Monday through Friday)
Holy Days of Obligation: 1200 Mass, Chapel of Hope
Confessions: Before all masses
Weddings and Baptisms: By appointment

Other:

The Jewish Rabbi visits the hospital on call. For appointments call **EXT: 2251**.



UP THE DOWN SLIDE at Enlisted Housing.

Child Care Center

See **Day Nursery. EXT: 2010**.

Collection Agent Office

Payments for hospitalization and meals are made at the office on the third floor, room 3-50-2. **EXT: 2265**. Hours for hospital payments are Monday through Friday, 0800 to 1630. Hours for meals are from 0630 to 1800 daily.

Commissary

The Military frequently uses the commissaries at Naval Air Station Alameda, Moffett Field, Naval Station Treasure Island, Naval Shipyard Mare Island, Travis Air Force Base and the Presidio of San Francisco.

Commissioned Officers' Mess (Closed)

The Commissioned Officers' Mess (Closed) is the scene of a wide variety of social activities for staff officers and their families. Hail and Farewell parties are held to welcome newcomers and to say goodbye to those departing. Other events include dinner dances, outdoor barbecues and celebrations of anniversaries significant to the staff. Lunch is served weekdays in the Main Dining Room, **EXT: 2181**.

Treasure Island, Alameda Naval Air Station and several other military facilities in the Bay Area have officers clubs which are open messes. (See **Directory of Nearby Services for the Military Family**, published in The Oak Leaf.)

Crafts Project

Each Thursday afternoon, Kaye Barnett's crew of loyal "Craft Project" volunteers may be found on the 7-North and 7-West wards challenging a patient's creative pottery skills. It has been thus for 9 years. Loving people-helpers are always welcomed, no experience required. **(415) 638-5304 (Kaye Barnett)**

Credit Union

The Alameda Coast Guard Federal Credit Union has a subsidiary office presently in Bldg. 101, **EXT: 2521**. Groundbreaking for a new modern building took place on Feb. 5, 1976.

Crew's Library

Located in Bldg. 101, the library is open from 0800 to 1630, Monday through Friday. It has 15,000 to 16,000 book titles, 150 magazine titles and some classical and popular records. A library cart is on the wards Monday and Thursday. Free book table. Major newspapers available. Juvenile section. **EXT: 2220**.

Day Nursery

A day nursery for the dependents of military personnel is located in Bldg. 77A, open from 0730 to 1700 weekdays. Operated by the Navy Exchange, weekly care for one child, lunch included, is \$25.00. Hour care, one child, 80 cents. Reservations are requested. Lower rates for large families, two or more children. **EXT: 2010**.

Dining

See **Cafeteria and Food Service**.

Directory of Administrative

Disability Evaluation Systems Counselor

The office is on second deck, room 2-7-18, in the area of the Patient Affairs Office. **EXT: 2008.**



LTJG Susan H. Custis
Educational Service Officer

Education and Training

Open from 0800 to 1630 Monday through Friday, this branch of the Military Personnel Division conducts the In-service Training Program and the Emergency Medical Technician Program; provides the indoctrination for newly commissioned medical officers and newly reporting enlisted personnel; and administers the Military Leadership examinations for advancement in rate, and orders correspondence courses for advancement in rate. Education and Training also provides counseling and many educational and vocational training opportunities. Bldg. 105, **EXTS: 2237/ 3085.**

Enlisted Advisor

See **Master Chief Petty Officer of the Command** **EXT: 2358.**

Equal Employment Opportunity

See **Human Relations. EXT: 2111** (present Deputy EEO Officer)

Exchange Outlet

There is an exchange outlet for convenience items in Bldg. 500, first floor; open from 0900 to 1630 Monday through Friday with closure on Thursday from 1300 to 1400 for cleaning purposes. Closed Saturday and Sunday. **EXT: 3917.**

E-X-E-C Line

The EXEC Line recorder has been discontinued. Inquiries, problems, suggestions or criticisms may be submitted in writing to the secretary of the Director of Administrative Services or by calling **EXT. 2357.** Or inquiries may be placed in a sealed envelope and be forwarded or hand carried to that office (room 3-1-28). It is requested that you state your name, rate/rank, department and extension, but be assured that your privileged communication will remain privileged.

Food Services

Dining rooms for staff officers and for other military and civilian staff and patients are located on the third floor of the main hospital. Staff officers' dining room is open from 1100 to 1300 only. The main dining room (enlisted dining room) is open daily from 0615 to 0800 for breakfast; 1100 to 1300 for lunch and 1600 to 1800 for dinner. Charges are minimal. Cafeterias: one located in Bldg. 38 and the other located in Bldg. 500, across from the main dining room are available. There also is a closed mess at the Officers' Club, which used to be the old Rancho De Santonio House of the Oak Knoll Golf and Country club. Food Management **EXT: 2491** O'Club **EXT: 2181.**

Government Driver's License

Permits for government driver's licenses are secured through Transportation, Bldg. 111. **EXT: 2177.**

Health Benefits Counselor

The health benefits counselor is located on the second floor of Bldg. 500. Assistance concerning care at this facility, the Civilian Health and Medical Program of the Uniformed Services (CHAMPUS), MEDICARE, insurance or similar subjects is available. **EXT: 2041.**

Housing Referral Office

The Housing Referral Office is open from 0730 to 1600 Monday through Friday and is located in Bldg. 10. The office gives assistance to military and civilian personnel in locating temporary or permanent housing, situated in the civilian community or on-base family housing. Telephone **(415) 639-2309/ 2532.** Autovon **855-2309** for information. Family housing on the medical compound consists of 81 units:

Temporary Housing Accommodations

The Navy Exchange Motel located on the medical compound offers 16 rooms with connecting baths, for next of kin of seriously ill patients. When space is available, incoming staff and other eligible military patrons may use these facilities. Charges are \$6 for one or two persons; rollaway beds are available without charge. The motel is located in Bldg. 66A; the telephone number is **(415) 639-2051** or Autovon **855-2051.**

Human Relations

The Naval Regional Medical Center, Oakland, was one of the first commands in the Navy to complete Phase I of the Navy's Equal Opportunity/Race Relations Program, with better than 80 per cent participation, military and civilian.

Human Relations Councils at this command investigate all possible areas where plans, policies or personal actions may deter from the basic goal of equal opportunity; and an affirmative action plan guides the continuous efforts to eliminate racism and discrimination by building upon the significant achievements of previous training and to promote positive, effective affirmative action toward equal opportunity.

I.D. Office

Open 0800 to 1600 Monday through Friday, Bldg. 73, **EXT: 2401, EXT: 2137 (Marines).** Patients, staff and dependents may obtain identification cards at this office. Naval personnel should first obtain applications through the Personnel Office, third floor of Bldg. 500; **EXT: 2573** for officers, **2027** for enlisted personnel.

Information Desk (Officer of the Day)

Personnel are available at all times to assist patients, staff and visitors. The information desk is located in the main lobby of the hospital on the second floor. **EXT: 2344 or 2411.** During normal working hours an information receptionist is on duty to assist you.

JANGO

The Junior Army-Navy Guild Organization for daughters of members of the Armed Services provides opportunity for valuable experience for girls to serve as nurses' aids to gain a feeling for community service. The JANGOs must be between the ages of 13 and 21. For information, call the Chief of Nursing Service. **EXT: 2196.**

Laundry, Dry Cleaning, Tailoring

Located in Bldg. 38 (Navy Exchange), the hours are 1000 to 1700 Monday through Friday; 0900 to 1300 on Saturday. **EXT: 2151.**

Legal Services

The Personal Assistance Branch furnishes opinions, advice and representation in matters relating to civil, administrative and military law, and medico-legal matters to the Commanding Officer and staff of the Naval Regional Medical Center, Oakland. The service counsels staff military, their dependents and retired personnel located within the region on personal matters of a legal nature. The service also initiates and provides liaison in JAG Manual investigation and is the originator of claims involving third party liability. The Chief of Legal Service is also a Special Assistant to the Com-

manding Officer. The Legal Service is subdivided into Personal Assistance Branch, the Command Service Branch and the Claims and Investigations Branch. Open from 0800 to 1630 Monday through Friday; located on the third floor of Bldg. 500, in the Administrative Complex. **EXTS: 2482/ 2483.**



Library

See **Crew's Library and Medical Library.**

Mail Room

Staff personnel collect their mail at the staff mail room, third floor, Bldg. 500. Mail comes in at 1000 and 1500 daily. Mail room hours are 1100 to 1300 and 1500 to 1630 Monday through Friday. Insured, certified and registered official mail is available not later than 1430 weekdays. The clerks in the mail room handle about 3,300 pieces of incoming and outgoing mail and guard mail daily. **EXT: 3940.** See also **Post Office.**

Marine Corps Liaison

The Marine Corps Liaison Officer has administrative supervision of each Marine patient, looks after his welfare while he is hospitalized, keeps service records and provides liaison with the patient's parent command. **EXT: 2137.**



HMCM Robert G. Brown (MCPOC)

Master Chief Petty Officer of the Command

Office is open 0800 to 1630 Monday through Friday. The Master Chief is an advisor to the Commanding Officer on all matters pertaining to enlisted personnel. Enlisted personnel and their families are encouraged to communicate with the MCPOC concerning suggestions and information regarding Navy policy. Located in Bldg. 500, third floor, Administrative Complex. **EXT: 2358.**

Medical Library

The Medical Library, Bldg. 500, third floor, room 3-4-6, contains books and journals in the biomedical sciences for the use of professional personnel of NRMOC Oakland, engaged in health care, training and research programs. The library is open and attended from 0730 to 2145 weekdays and from 0800 to 1600 Saturdays. At other times, staff officer may apply to the OOD's desk for admission. Across the hall in room 3-45-1 is the office of the Reference Librarian, who provides information services, including computerized searches of the Index Medicus Date Base via the Medline System of the National Library of Medicine. This office is open from 0730 to 1600 weekdays. **EXTS: 2070/ 2031.**



NAVAL REGIONAL MEDICAL CENTER,
OAKLAND, CALIFORNIA

RADM Henry A. Sparks, MC, USN,
Commanding Officer
CAPT Ira J. Woodstein, MC, USN,
Director of Clinical Services

CDR Hubert H. Sowers, MSC, USN, Director of Administrative Services
CDR Emory J. Hatch, MSC, USN, Public Affairs Officer and THE OAK LEAF Advisor
Editor: Jo Spivey
Photography: HM1 Steven L. Spring, HM2 T. J. Town, Jo Spivey, HN D. C. Manley

THE OAK LEAF is a semimonthly publication produced commercially with appropriated funds in compliance with NAVEXOS P-35, Rev. Jan. 1974. Opinions contained herein are not official expressions of the Department of the Navy.
THE OAK LEAF receives American Forces Press Service and NAV NEWS material.
Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Regional Medical Center, Oakland, Ca. 94627.



the Chaplain's Corner

NOT OUT OF LOVE WITH LIVING

During most of my life I have been reminded over and over that God is going to hold me accountable for my sins and for all the things I have done. Well, that is one view. Here is another. God is also going to hold me accountable if I have missed the good things he has put here for my pleasure and enjoyment. Think about this: God is going to hold us all accountable for the pleasures we did not taste; for the songs we did not sing; for the feelings we did not experience; for the flowers we did not gather; and for the gracious hospitality we did not accept from a well meaning friend or stranger.

I once prayed that I would be rid of my absorbing love for this world. I don't want to do that anymore.

Here is a prayer I offer now and I commend it to you: "O God, our Father, may I not be afraid to make this world, for a while, my home, since it is Your creation and I am a part of it."

I read in the Old Testament that the earth is the Lord's and all those who live here. Then there is Jesus in the New Testament saying that "God so loved the world. . . ." Let it be said of me that I took the Savior at his word.

He was not out of love with living. I think he loved this life. I know he loved this world.
CDR. L. Wayne Rushing, CHC, USN

**PLAN NOW
to give blood on
Tuesday, June 8, 1976
You are needed!**



LUCKY MOTHER to have a baby born on Mother's Day. The Ladies Auxiliary Branch of the Oakland-San Leandro Fleet Reserve Association thought it appropriate to celebrate their 50th anniversary by providing little Margaux Monique Sumner, 7 pound 11 ounce daughter of Lonnie and Rhonda Sumner, with all manner of nice gifts. Ms. Evelyn Aniasco and Ms. Nelda Farr made the presentation.

THE SHORT SHEET

Nationwide, bells to ring on July 4

At 11 a.m. on July 4, citizens residing in Pacific Daylight Time will be ringing bells with friends in the East to simultaneously herald the country's entry into its third century. Be prepared to join in and add to the symbolic historic occasion. The peal across the country will signify our unity.

Nationwide essay contest attracts juniors

The Kentucky Fried Chicken Corporation is conducting a nationwide essay writing contest about America for junior high school students. The first place prize is a \$2,500 U.S. savings bond. For further information write "Real Goodness of America," Suite 1400, 221 North LaSalle Street, Chicago, Ill. 60601.

Grass roots letters sought

Citizens around the nation are invited to submit letters (not to exceed 50 words) on an opinion of the state of the nation, as it enters its third century, and their hopes for the future. Send to "Citizens '76," Bicentennial Times, American Revolution Bicentennial Administration, 2401 E. Street, N.W., Washington, D.C. 20276 before May 31.

Reduced air fares for military extended

Reduced airline fares for persons going on or returning from leave, originally scheduled to end on March 31, have been extended an additional year. Navy men and women on leave, who are traveling at their own expense, may buy reserved seat tickets at a 25 per cent discount.

Metabolic Research Ward Dedicated

By LCDR M. J. Hogan, MC, USN

On May 5, 1976, RADM Henry A. Sparks, MC, USN, officiated at the dedication of the new Metabolic Research Ward on Ward 9-NE. The Metabolic Ward is a division of the Clinical Investigation Center at NRMCO, Oakland. Since its inception in 1954, the metabolic ward has been utilized to conduct detailed metabolic research in various areas of disease and basic human physiology. Originally located in building 46-B with subsequent moves to 62-A as well as to its present location,

the effort of the ward staff has been directed toward renal disease, lipid metabolism, calcium abnormalities and hypertension, to mention but a few.

In its present location, the ward's capabilities will be expanded to study a wider variety of disease processes under the direction of the head nurse, Barbara Yohanan, RN. Both inpatient and outpatient studies will be performed. As an adjunct to the metabolic studies, classes are held for diabetic patients and their families on the various aspects of this disease.

CINCO DE MAYO DAY OBSERVED

The 5th of May victory in 1862 of the Mexican forces over the French army was marked on the 5th of May in 1976 at NRMCO. It was a day of remembrance. Mariachi music was played in the dining halls, and leaflets were handed out detailing the retreat of the French in humiliation. Pictures of important figures and events of Mexican history

were also displayed.

The Cinco de Mayo battle stirred the patriotism for resistance that carried the Mexican forces to victory. That battle and the people's faith in the Reform Party of Juarez ruined Napoleon's designs in regard to the United States. Thus Mexico and our Nation today have cause to celebrate.



ARMED FORCES WEEK was not overlooked at the Medical Center. The Navy Recruiting District of San Francisco helped provide many displays and ENS H. C. Daly, MSC, USN (Ret) provided many memoirs of the USS Solace (AH-5/APH15). HM1 Nathan Brown browses the displays.

Sports Shorts



Trackster dominates specialties

Despite chilling winds that blew over Moffett Field's track, John Embody, of Special Services, dominated his specialties in the first 12th Naval District Invitational.

Point honors were awarded to Embody as he made his winning debut in the 440 yard dash, two mile and high jump.

Lea Lind, also from NRMCO, was the only woman in the competition. Although she did not win her event, she holds high the old Olympic motto, "It's not the winning that is important, but the taking part!"



Nadler vaults to 3rd

In the Moffett meet, bad weather conditions cost Mark Nadler, of Dental Service, first place in the pole vault and aggravated back and leg injuries. However, at El Cerrito High on May 15, Mark took 3rd in the 12th Naval District's finals of pole vault (11' 6"), and thus NRMCO captured the "B" track championship as a result of Nadler's achievement. (Embodly did not run.)

Movie Schedule

Saturday, May 22

HOME BODIES — Ian Wolfe, Frances Fuller — Horror Comedy-Drama (PG)

Sunday, May 23

LAW AND DISORDER — Carroll O'Connor, Ernest Borgnine — Crime Drama (R)

Monday, May 24

NOW YOU SEE HIM, NOW YOU DON'T — William Windom, Joe Glynn — Comedy (G)

Tuesday, May 25

ONE FLEW OVER THE CUCKOO'S



Darlene Branson



Dena Crouse

Our patients do smile occasionally!

Some imaginative corpsman added a pink bow to a surgical glove and "Polly Fingers" brought a smile to the face of Darlene Branson, a patient from Mokelumne Hill.

Darlene is entwined in such an array of apparatus that she should have learned her lesson about trying to do wheelies on a motorcycle. She found she was no competition for Evel Knievel.

* * * * *

"Tennis isn't a matter of life and death, it's more important than that!" That is the sentiment on the poster held by Dena Crouse from Lemoore. Down at Fresno and Visalia, Dena has taken two or three varsity championship titles and has placed second enough times to have

"Oh 15 or 16 trophies." Quite a start for a 15-year-old!

Dena was busy doing some crewel work and finding it very hard to turn to her chemistry book on the table.

The spunky gal will probably be back on the courts before long.

Navy Relief Drive "DAY AT THE RACES," for military and civilian staff, is set for June 10, 1976. Watch for leaflet giving details.



Fenton, April's Sailor of Month

HM2 Richard L. Fenton is recognized as Sailor of the Month for April for superior performance of duties as an instructor of Physical and Occupational Therapy Technician School.

"Serving as a teacher and counselor, he has been sought by students for both personal and educational guidance, underscoring his admirable character. Broadening his responsibilities to include administrative procedure, his performance has been nothing less than prompt, thorough and conscientious. Displaying untiring energy, Petty Officer Fenton has continued to pursue off-duty educational opportunities, completing the educational requirements leading to an Associate of Arts degree as a physical therapist assistant. A Certified Occupational Therapy Assistant, he has remained an active member of the American Occupational Therapy Association."

His selfless devotion and personal dedication in all tasks are in keeping with the highest traditions of the Hospital Corps of the United States Navy.

NEST — Jack Nicholson, Louise Fletcher — Drama (R)

Wednesday, May 26

BREAKOUT — Charles Bronson, Robert Duvall — Action Drama (PG)

Thursday, May 27

DEATH RACE 2000 — David Carradine, Simone Griffeth — Science Fiction (R)

Friday, May 28

DOC SAVAGE — Ron Ely, Michael Miller — Satire (G)

Saturday, May 29

THE GIRL FROM PETROVKA — Goldie Hawn, Hal Holbrook — Comedy Drama (PG)

Sunday, May 30

QUESTOR — Robert Foxworth, Mike Farrell — Drama (TV)

Monday, 31 May

NO MOVIE — MEMORIAL DAY. ALL SPECIAL SERVICES FACILITIES CLOSED

Tuesday, June 1

GODFATHER PART II — Al Pacino, Robert Duvall — Action Drama (R)

Wednesday, June 2

HUSTLE — Burt Reynolds, Catherine Deneuve — Action Drama (R)

Thursday, June 3

LOVE AND DEATH — Woody Allen, Diane Keaton — Comedy (PG)

Friday, June 4

JORY — John Marley, B. J. Thomas — Western (PG)

Saturday, June 5

GOLDEN NEEDLES — Joe Don Baker, Elizabeth Ashley — Suspense Drama (PG)

Sunday, June 6

OPEN SEASON — Peter Fonda, John Phillip Law — Action Drama (R)

lex Services

Mini Mart
Located near the main gate, the Mini Mart is a small convenience Navy Exchange store which carries items ranging from beer, dairy products and snack items to sporting goods. Hours are 0900 to 1730 Monday through Friday and 0900 to 1330 Saturday. **EXT: 2545.**

Motels
See **Housing/Housing Referral Office.**

Movies
Listings of nightly movies are available through Special Services. THE OAK LEAF and the Plan of the Day also give schedules of movies, which are held nightly (except holidays) in the Clinical Assembly, third floor, Bldg. 500, at 1900. **EXT: 2479.**

Navy Exchange Retail Store
Authorized military personnel and their dependents may purchase clothing, household goods, sporting goods, cameras, cosmetics, jewelry, personalized services and everyday necessities at the Navy Exchange Store, located in the community building, Bldg. 38. Hours are 1000 to 1700 Monday through Friday, 0900 to 1300 Saturday. **EXT: 2151.**

Navy Relief Society
At present, there is no office at this command. Information may be obtained through contacting the office at NAS Alameda. They are located in Bldg. 135, second floor. Hours are 0900 to 1600 Monday through Friday. Routine interviews are held from 0900 to 1530 weekdays. Telephone **869-4000.**

Notary Public
Two Notary Public officials are available on the third floor, Bldg. 500, administrative complex. One may be found in the Decedent Affairs' Office, room 3-1-26, and the other in the Legal Office, room 3-1-25. **EXTS: 2045 or 2482.**



Oak Leaf, The
The Oak Leaf is a semi-monthly publication offering news of hospital personalities and events for staff and patients. Written contributions and news tips are welcome. Located in Bldg. 38, second floor, room 214. **EXT: 2113. (Message 2479)**

Officer of the Day
An Officer of the Day and a Command Duty Officer are on duty around the clock. These watches are primarily for coordinating hospital activities after regular working hours. The OOD's desk is located in the main lobby of Bldg. 500. **EXTS: 2411/ 2344.**

Officers' Wives' Club
A social and service organization, the Officers' Wives' Club holds meetings on the second Wednesday of each month, September through June. As a part of the club's philanthropy, the members sew layettes for Navy Relief and contribute other services, such as taking "Apache Project" guests on tours of the Bay Area. Weekly bridge classes are held and other interest groups meet regularly. The Fig Leaf is published monthly, and it carries tidbits on places to eat, bargains and so forth, of interests to the officers' wives. **EXT: 2111.**

Optical Shop
The Navy Exchange Optical Shop offers modern services and Saturday appointments. Hours are 0800 to 1700 Monday through Friday, and 0900 to 1300 on Saturday. This service is for military and their dependents. **EXT: 2250.**



Package Store
Located below the service station across from the swimming pool, the package store strives to stock all popular favorites, including a wide selection of vintage wines. Hours are 1000 to 1800 Monday through Friday and 0900 to 1400 Saturday. **EXT: 2184.**

Patient Affairs
Patient Affairs Division provides for the admission and disposition of patients and coordinates procedures for the processing of medical records, reports and statistics of the professional treatment and care of patients. Bldg. 500, second floor, **EXT: 2422.**

Pay Days
Every other **Friday** is payday for civilians. The military payday is the 15th and the 30th of every month. Military pay checks are distributed in the main dining room from 0815 to 0900 and in Bldg. 101, Disbursing, thereafter. **EXT: 2341.**



LT George S. Windham, MSC
Assistant Chief, Military Personnel

Personnel Offices—
Officer, Enlisted and Civilian
Officer and enlisted personnel offices are on the third floor of Bldg. 500 near the main dining room. The civilian personnel office is in Bldg. 73. All matters of employment, insurance and beneficiary designations, health benefits, retirement, payroll and credit union deductions, withholding and merit promotion matters are handled through these offices. **EXT: 2116 (civilian), 2573 (officer) and 2027 (enlisted).**

Pet Immunization
Immunizations are scheduled periodically through Preventive Medicine Service, and are usually an-

nounced in the Plan of the Day. The Treasure Island/Yerba Buena Island Pet Association offers pet clinic and boarding kennel services, which have been made available to NRMC Oakland. **EXT: 2584.** (Treasure Island's pet clinic and boarding kennel, **986-2165.**)

Pharmacy
Twenty-four hours a day, the Pharmacy provides service for military personnel and their dependents. Inpatient pharmacy is on the first floor, Bldg. 500. The outpatient pharmacy is on the second floor. After 1600 on weekdays and on weekends the service is given at the first floor pharmacy only. **EXT: 2467.**

Photos For Daddy
Naval Medical Center, Oakland, will send a photograph of each baby born here to the father at sea or overseas if the mother, prior to leaving the hospital, will make an appointment with the Photo Lab. Official photographs for public affairs requests should be routed through the heads of the services. **EXT: 2200.**

Post Office
Staff personnel collect their mail at the staff mail room, third floor, Bldg. 500. Mail comes in at 1000 and 1500 daily. Mail room hours are 1100 to 1300 and 1500 to 1630 Monday through Friday. Insured, certified and registered official mail is available no later than 1430 weekdays. **EXT: 2201.**
The Main Post Office, Bldg. 101, is open from 0830 to 1230 and 1330 to 1500 Monday through Friday; no Saturday service. The money order window closes at 1430 daily. **EXT: 2381.**

Public Transportation
The Alameda-Contra Costa Transit District provides bus transportation throughout the East Bay and San Francisco. Line 56-Seminary Ave. gives direct service to the hospital door at least every 25 minutes during the day and at a slightly longer interval at night. Line 56 connects with the Bay Area Transit (BART) Station near the Oakland-Alameda County Coliseum where a transfer to AC Transit Line 57-MacArthur Blvd. will take passengers to Oakland Airport. Line 56 also connects with other bus routes to downtown Oakland and Jack London Square (line 34), San Francisco (line N) and the Berkeley-Albany (lines 40, 43, 43A).
Exact fares are:
25 cents one way to Oakland Airport.
25 cents one way in the East Bay Area.
25 cents to Berkeley-Albany Area.
65 cents to San Francisco.
Information concerning schedules, fares and charter excursions may be obtained by calling AC Transit office, **639-3535.** Schedules are also available at the OOD's Desk.



Red Cross

The American Red Cross offices and lounge are located in Bldg. 71A, which is up the hill from the Bank of America. Office hours are 0830 to 1630 Monday through Friday, and the office phone numbers are **639-2524 or 639-2525**. A worker is always on call after hours, weekends and holidays for emergency service. One may be contacted by calling the OOD's desk at **EXT: 2411**.

The American Red Cross is staffed by professional caseworkers and recreational workers. Aided by trained volunteers, they provide welfare services for patients and for assigned military personnel; and therapeutic recreational services for patients.

Welfare services include counseling about personal and family problems, verifying emergencies if this is desired and requested by the military authorities for use in making a leave decision, and limited financial assistance.

Recreational services include controlled and directed leisure activities such as games, hobbies or crafts for patients, in groups or as individuals.

The Red Cross also helps the hospital staff in their routines on the medical wards and in the clinics.

Security Branch

The Security Branch of the Operating Management Service is responsible for enforcing all hospital regulations and conducting investigations of crimes committed aboard the command compound. Personnel wishing to operate a vehicle aboard the station must first obtain a decal through the Security Office in Bldg. 73, **EXT: 2401**.

Service Station

Located near the main gate, hours of operation are 0830 to 1700, Monday through Friday and 0900 to 1300 Saturday. Minor car work can be done on all American made cars by appointment only. **EXT: 2436**.

Social Security Claims Representative

Information concerning social security eligibility and benefits is available during the hours of 1230 to 1500 Mondays and Thursdays. Located on the second floor, 2-7-18, Bldg. 500. **EXT: 2008**.

Special Services

For fun times, the extension number of **2479** is a good one to keep handy. Special Services, located in Bldg. 38, second floor, coordinates all recreation and entertainment at the hospital and cooperates with local civic and professional groups in sponsoring special events.

Camping, fishing and skiing gear may be checked out from the recreation gear issue room at nominal rental fees. Tickets for major events are usually available.

Whatever the hobby or interest is — name it — and it may be found in the Bay Area, but there is much going on right on the hospital compound.

BASKETBALL and VOLLEYBALL are played in the gymnasium. BOWLING and POOL are found in Bldg. 103, near the Navy Exchange. It is open from 1130 to 2100 Monday through Friday; and 1400 to 2100 on Saturday and Sunday, closed on holidays.

EXT: 2120. GOLF — the team plays its home matches at nearby Chabot Golf Course; special fees are \$2.50 for Enlisted and \$4 for Officers. MOVIES — held nightly in the Clinical Assembly, third floor of Bldg. 500. The movies start at 1900. The cost is minimal. Two SOFTBALL DIAMONDS are located near the swimming pool for staff use. The SWIMMING POOL is 60 by 100 feet; located diagonally below the service station. Hours are 1130 to 1300 for staff, 1300 to 2100 for dependents, patients and staff. Open Saturday and Sunday from 1130 to 2100 for all patrons. (Pool hours are subject to rather frequent change.) **EXT: 2330**. TENNIS — the courts are near the picnic area towards the Officers' Club, and close to the swimming pool. There are five courts to accommodate staff, patients, and dependents. Reservations are needed. **EXT: 2350**. The Director of Athletics, through Special Services, schedules a variety of intramural sports and coaches teams for Twelfth Naval District competition. **EXT: 2350**. Always available are discount membership cards to major tourist attractions, including among many others, Disneyland, Knott's Berry Farm, Marine World/Africa USA.

Sports

See Special Services. **EXT: 2350**.

Survivor's Assistance Fund

This fund is designated as an aid to assist next of kin of civilian personnel by sharing the load of funeral and other member expenses. Membership initially is \$4 and the assessment upon death of a member is \$2. Presently there are over 200 hospital members, and each may designate a beneficiary. **EXT: 2116**.

Voter Registration Absentee Ballots

Absentee ballots and information concerning laws of the various states are obtainable at the Legal Office. **EXT: 2482**.

Women in Action

Meetings when scheduled are announced in Plan of the Day, on the bulletin boards and in *The Oak Leaf*. A Federal Women's Program Adviser is aboard and regularly keeps in touch with women's programs on the national, state and local levels. Women in Action is dedicated to eliminating sex discrimination in employment. It aims at improving working conditions and at raising the morale of women in all spheres of their working environment. Men and supervisors are encouraged to attend meetings. **EXT: 2422**; ask for Mrs. Betty Winsby, Federal Women's Program Coordinator.

Recreational Facilities Hours of Operation

(Subject to change.)

Gymnasium & Weight Room

Monday through Friday
0800-2045

Saturday and Sunday
0800-1200
1300-1730
1945-2100



Gear Issue Room

Monday through Friday
0700-1630

Saturday and Sunday
Closed

Movie Theater

1900 Monday through Sunday, except holidays, at Clinical Assembly. See bulletin board, Plan of the Day or *The Oak Leaf* for schedule.

Swimming Pool

Monday through Friday
1130-1300 Staff Only
1300-2100 General Swimming

Saturday and Sunday
1130-2100 General Swimming

Bowling Lanes & Pool Hall

1130-2100 Monday through Friday
1400-2100 Saturday and Sunday

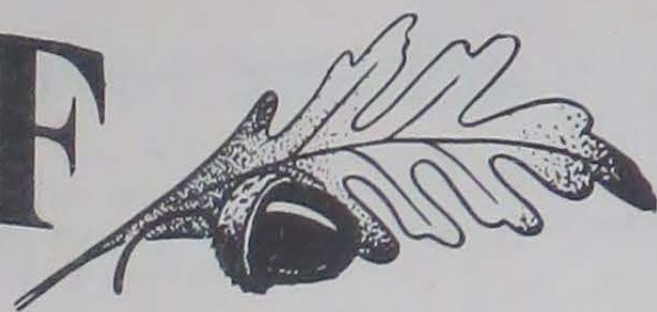
Tennis Courts

Monday through Friday
1130-1300 Staff only and a guest
1630-1900 Staff only and a guest

Court No. 1—Staff only at all times; no guests or dependents!

Court reservations may be made Monday through Friday by calling **EXT: 2350**.

The OAK LEAF



Vol. 38, No. 12
Friday, June 4, 1976

NAVAL REGIONAL MEDICAL CENTER, OAKLAND

Show! Don't tell. Is Phase II emphasis

Tangible, visible change, not plans and rhetoric alone is to be the dedication of BUMED's Phase II Equal Opportunity Program.

At the June 2 assembly of Chiefs of Service, Branch Clinic officers and civilian department heads, Rear Admiral E. J. Rupnik spoke in terms of achievable goals and planned milestones for the Navy's race relations program. As Assistant Chief for Human Resources and Professional Development within the Bureau of Medicine and Surgery, the Admiral suggested that BUMED is being spotlighted as a prime example for its dedication to Phase II, possibly because of the Navy's long history of exclusiveness and its progressive reversal.

Phase I of the Equal Opportunity Program at Naval Regional Medical Center was instituted to increase the understanding of personal worth and racial dignity. The Medical Center can brag of a record 77 per cent participation in the UPWARD workshops under Phase I, with more than half under voluntary response.

Phase II, aimed at behavior, not quotas, will have a flexible format. Guidance and assistance will be provided by a special detachment team oriented toward helping commands achieve specific results. Civilian interphase will parallel the military intervention in the Oakland area.

Affirmative Action is the key goal. Plans will be reviewed and updated; there will be a Com-

mand training team at NRMCO. Equal Opportunity indicators will be studied. The overall program will be an ongoing one providing for feedback; and feedback will be geared toward prevention of problems which give rise to complaints. There will be a data bank for quality measurement.

LCDR D. L. Kalfas, the Officer in Charge of the Equal Opportunity West Coast Detachment, suggested that Medical Center's activities will probably be completely implemented by October. LT B. L. Jones gave an overview of the civilian interphase of the program.

Mr. Jack Donahue and Ms. Lorretta Jackson, from BUMED, will conduct the program and train local persons to continue



RADM E. J. Rupnik

the program. Although the workshops for civilian supervisors will be mandatory, Lieutenant Jones said that the training would apply toward the 4 hour EEO requirement for supervisors.

Military medical librarians to meet

The Military Medical Libraries Group of the Medical Library Association will meet in Minneapolis on June 12 for a workshop on "Cooperation among Department of Defense health science libraries." The program will be presided by Jane C. O'Sullivan, Administrative Librarian NRMCO, who was secretary of the group this year.

The keynote speaker will be Frances Johnson of the National Library of Medicine, who will discuss how DoD libraries may participate in consortia under the regional medical library network program. Afternoon panel participants will include Terry Saylor of the Naval Medical Research Institute, Bethesda; and Pat Pepin of Letterman Army Hospital, San Francisco. Mrs. O'Sullivan will present colored slides illustrating the extension of medical library collections and services to outlying clinics of NRMCO.

The Medical Library Association recently conferred the Certificate of Medical Librarianship on Mrs. O'Sullivan. This award is evidence of academic specialization in the field of medical literature, in addition to holding the Master of Library Science Degree. Certification was earned by passing a nationwide examination which was held in San Francisco on March 19.

CRIME PREVENTION TIP OF THE MONTH

Citizen-band radios have become a very popular item; also popular among thieves. If you use a citizen-band radio in your vehicle, remove it and place it in the trunk when you are going to be away from your car.



A PASTEL BY HELENE LEBLANC received second place in the Senior Division/Pastels at the Treasure Island Art Show. Mrs. LeBlanc is the wife of Captain Gilbert A. LeBlanc, Chief of Urology Service. An oil painting by Dave DeKrey won first place in the Junior Division/Oils, and Debbie DeKrey took second and third place in the Junior Division/Oils. Dave and Debbie are the son and daughter of the Chief of Patient Affairs, Lieutenant Commander C. R. DeKrey.

Hospital Corps party set June 12 at O'Club

The Hospital Corps will celebrate its 77th year at a buffet dance at the O'Club on June 12. Admission will be by advance ticket sale only at \$1 each, which will afford control in the preparation of food.

Are you ready to dance from 8 to 12 p.m. to a name band?

GOING ON VACATION? Let your refrigerator save you fun money. Take out the food, pull the plug and leave the door ajar.

* * *

AS AN ENERGY SAVER use pots and pans big enough to cover the entire heating element on the stove. The heat energy you pay for goes into the cooking of your food and is not lost in the air.



NAVAL REGIONAL MEDICAL CENTER,
OAKLAND, CALIFORNIA

RADM Henry A. Sparks, MC, USN,
Commanding Officer

CAPT Ira J. Woodstein, MC, USN,
Director of Clinical Services

CDR Hubert H. Sowers, MSC, USN, Director of Administrative Services
LTJG Gene Hart, MSC, USN, Public Affairs Officer and THE OAK LEAF Advisor

Editor: Jo Spivey

Photography: HM1 Steven L. Spring, HM2 T. J. Town, Jo Spivey, HN D. Manley

THE OAK LEAF is a semimonthly publication produced commercially with appropriated funds in compliance with NAVEXOS P-35, Rev. Jan. 1974. Opinions contained herein are not official expressions of the Department of the Navy.

THE OAK LEAF receives American Forces Press Service and NAV NEWS material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Regional Medical Center, Oakland, Ca. 94627.

For women veterans

Back pay deadline set

The application deadline for women veterans eligible for a special retroactive GI Bill payment is July 1, 1976, says the Veterans Administration (VA).

Women who attended school under the GI Bill between June 1, 1966, and October 24, 1972, may qualify to receive a lump sum of about \$30 per month for each month in training. The payment is to equalize benefits with male veterans who were married while in training.

Women veterans must contact a VA regional office before July 1 and must furnish proof of marriage while in training to be paid the retroactive sum.

Letters with a form on the reverse which should be completed and mailed to a VA regional office before July 1 were mailed by VA to 75,000 women veterans in February. This group attended school under the GI Bill during the specified time period, but the agency does not have the authority to pay without receiving applications from these veterans.

Women who trained after October 24, 1972, have already been paid on the same basis as their male counterparts. The law does not allow the additional amount for husbands to be paid to women who trained under the World War II and Korean Conflict GI Bills.

Assistance on applications can be obtained from VA offices and from veterans service organizations.

CU expresses appreciation

The Alameda Coast Guard Federal Credit Union reports that construction is progressing nicely on their new building. An early October opening is indicated.

The Credit Union regrets its occasional inability to expeditiously serve NRMC members on paydays which involve both civilian and military personnel. Credit Union office space is presently very limited and precludes the assignment of additional employees to ease the problem of waiting lines.

The Credit Union, however, will continue its efforts to extend the best service possible under the circumstances. The patience of members who must wait in line during rush periods is appreciated.

FEDERAL BENEFITS for Veterans and Dependents is a Veterans Administration fact sheet published Jan. 1, 1976. It is for sale by the Superintendent of Documents, U.S. Government Printing Office, Washington 20402, under Stock Number 051-000-00087-1. Price 95 cents.



Devine Services

PROTESTANT

Sunday Worship: 10:30 a.m. in the Chapel of Hope

Holy Communion: First Sunday of each month following the service.

Weddings and Baptisms: By appointment

CATHOLIC

Sunday Mass: 8:30 a.m. in the Chapel of Hope, third floor of Bldg. 500 and at noon, Clinical Assembly.

Daily Mass: noon in the Chapel of Hope (Monday through Friday)

Holy Days of Obligation: noon Mass, Chapel of Hope

Confessions: Before all masses

Weddings and Baptisms: By appointment

Other:

The Jewish Rabbi visits the hospital on call. For appointments call EXT: 2251.

THE SHORT SHEET

Pentagon open to the public for Bicentennial

The Armed Forces activities in the capital area for Bicentennial visitors will include guided tours of the Pentagon building, tourmobile service at nearby Arlington National Cemetery, military band concerts and other ceremonies at various national sites.

I'M ON A DIET; I EAT
NOTHING BUT FOOD.



The cartoonist, Domingo, is a 6th grade student from Howard Elementary School.

No joke about overweight

Overweight personnel who previously were placed on a weight reduction program and who failed to comply with the program are recommended for a "convenience of the government" discharge.

Crew's Library

Crew's has **Small is Beautiful, A Study of Economics as if People Mattered**, by Schumacher. The book is allegedly Jerry Brown's "Bible," from which he formulated his philosophy of government.

Also, if you look over **Mini Vacations U.S.A.**, you may decide to take a few.

David Niven's amusing recollections of the Hollywood famous and infamous are sure to entertain. Just ask for **Bring on the Empty Horses**.

Comes disaster — what next? for individual

Naval Regional Medical Center Instruction 3440.1 sets out specifically and in detail the duties of the Disaster Control Center Personnel. In an emergency, the action to be taken by the Commanding Officer and other administrative heads are set forth. The Officer of the Day, the Transportation Center, Security Branch, Outpatient Service, Decedent Affairs and many personnel have had duties listed in writing, with much specificity.

But what about the rest of us, civilian and military personnel and guests on the

compound in general? What is our role?

It is important that we keep communication lines clear. Stay off of the telephones; keep out of the way of the activity rush; help where we can the person nearby; protect ourselves from further injury. If possible, remain at our normal place of duty.

Anyone receiving important information pertaining to the emergency should report it promptly to the Officer of the Day at the OOD's office. In the event building 500 becomes inoperable, the alternate control center will be at

building 501, the Bachelor Enlisted Quarters.

If called on to help in the Triage area or in any capacity in which our capabilities lie, "turn to" and try to be of service, forgetting the clock. It might be a very important post merely to stand and give directions to volunteer litter bearers.

Take time now to plan your action in case of an emergency. Maybe ducking under your desk as a first reaction to an explosive noise might be the most significant action you could take!

Who's been doing what . . .

Letters of Commendation

HMC W. Booth, Laboratory School
HMC J. Hodge, Centerville Beach, Ferndale
HM1 M. Ryerson, Mail Room
HM2 R. Dyarman, Navy Dispensary, T.I.
HM3 E. Reed, Psychiatry Service
DT3 K. Watson, Dental Service
HN J. Chan, Pharmacy Service

Promotions

To CDR, G. Grunert, OB& GYN Service
To LCDR, G. Booth, Psychiatry Service
To LCDR, L. Coleman, Radiology Service
To LDCR, J. Gratiot, Ophthalmology Service
To LCDR, E. Hopkins, III, Neurology Service
To LCDR, Q. Van Meter, Pediatric Service
To LCDR, R. Woodruff, Anesthesiology Service
To LTJG, N. Earle, Nursing Service
To LTJG, J. Frahm, Nursing Service
To LTJG, M. Marable, Nursing Service
To LTJG, S. Mullinaux, Nursing Service
To LTJG, D. Pavlick, Physical Therapy Branch
To LTJG, D. Scholz, Nursing Service
To LTJG, K. Taylor, Nursing Service
To LTJG, M. Trial, Nursing Service

Navy Achievement Award

HMC E. Copas, Radiology Service

Navy Good Conduct Awards

HM2 M. Broz, Physical Therapy
HM2 R. Klasta, PMT School
HM2 M. Parr, Radiology Service
HM2 D. Strobel, Laboratory Service
HM3 C. Krohm, Otorhinolaryngology Service
HM3 R. Vaughan, Branch Clinic, Alameda

Reenlistments

LNC C. Atterbury, Jr., Legal
HMC J. Breeze, PMT School
HM1 Michael R. Kanipe, Crows Landing
HM1 D. Long, PMT School
HM2 Martin Lopez, Operating Room
HM3 G. Brown, Laboratory Service
HM3 E. Lansang, Pharmacy Service
HM3 B. Malonzo, Laboratory Service
HM3 D. Morrison, Military Personnel

Augmentation

CDR P. Sandri, Internal Medicine Service
LCDR G. Gavrell, Urology Service
LCDR K. Wagner, Internal Medicine Service

Bits and Pieces

Sorry about demoting Chief Nathan Brown last issue. He has worked too long and hard to deserve such fate.

Candy Unis spent her lunch period last Wednesday opening baby gifts at an office shower. One gift for Lisa-to-be (?) was a commemorative mint coin set of this bicentennial year. CAPT Deaner remarked, "Save that until the baby is ready for college and it may pay for the education."

The Officers' wives reaped a Bazaar profit of \$1,138.85 and made \$347 on their tasting dinner. Individuals are not telling the "take" at the May 29 flea market. CDR Hatch mentioned that his family did not plan a booth at the sale because the children had already spoken for "any usable good junk" that they might be discarding when packing for Guam.

Promotion was special for LT Carol Butcher on June 1. The date was her birthday; and although seven other nurses were in the ceremony with her, hers was a special glow.

Margaret Nielson spent part of her holiday weekend playing 'em across the board at Golden Gate Field. The Turf Club luncheon was a tasty buffet. Master Chief Axworthy reports that only 15 staff took advantage of the June 10 Navy Relief Day at the Races. Remember, you, too, had your chance to lose a portion of your hard-earned salary.

Lorraine Carly is not taking a Caribbean cruise; she is off on a Trans-Panama cruise which sailed Tuesday from Los Angeles. Betty Winsby is back from vacationing in Yugoslavia, wanting badly to turn right around and go back. Admiral and Mrs. Faucett found a bit of vacation fun in San Francisco and combined it with a visit of Medical Center. When here as Commanding Officer, the Admiral's duties were a bit too demanding to allow time for full enjoyment of the Bay Area.

Another artist receiving Honorable Mention at the Treasure Island Art Show is Sharon Gill, wife of Commander William Gill, Pediatrics Service.

Guess we're going to need to learn Metric soon! The tip of a woman's index finger is about 1 1/2 centimeters across; a man's, 2 centimeters. And 10 inches — 25.4 centimeters.

Great News!

Special Services will have discount tickets for the Ringling Circus in August.

Staff babies born at...

Naval Regional Medical Center, Oakland, on April 29, 1976, Meremy Lee Skidmore, 9 pound 2 ounce son of Melanie and HM1 Michael Eugene Skidmore... on May 6, Alan Christian Bates, 7-1/2 pound son of Jane and HM2 David P. Bates... on May 9, Mark Randolph Lapuz Tumpalan, 6 pound 12-1/2 ounce son of Maria Lina and HN Buenaventura G. Tumpalan... on May 17, Lisa Mae Galan, 7 pound 8 ounce daughter of Lorraine Marie and HN Roger S. Galan... on May 23, Danielle Marie Fall Peterson, 7 pound 7-1/2 ounce daughter of Pam and LCDR Glen N. Peterson... on May 24, Rhandy Fernandez Ferrer, 5 pound 4 ounce son of Eugenia and HM3 Alberto A. Ferrer.

Sparky says



*Children can be
Sparky's helpers
and learn not to burn!*

A MATCH HEAD has no sense, but parents do. They should try to help children understand that any sort of fireworks, including sparklers, can be dangerous.

Keep matches, lighters and flammable liquids out of the "Strike Zone"—out of the reach of little children. And out of their sight, too, if possible.

Watch little children around barbeque fires, candles and other open flames.

Make a game of teaching young children to "Drop and Roll" to put out a fire. Join them, and know that in case of fire it is not a game.

Every child who has learned about fire safety can be one of Sparky's valued helpers in teaching fire prevention to younger boys and girls. At this season the grass is dry. Fire not only burns, FIRE HURTS! Hurts! And hurts!

There was an old woman,
who lived in a shoe.
She had so much trash
she didn't know what to do
One spark - Fire!

**Cleanup
Your
Shoe!**



Learn not to Burn.

Foundation seeks scleroderma answers

There is a disease called scleroderma, which affects connective tissues of the body, for which there is no known cause and no known cure. The disease is described by Mrs. Louis C. Hambley, wife of a retired Navy man and victim of scleroderma, as being very much like leprosy. She can vouch that it can cause excruciating pain and be very annoying.

There is a national Medical Research Foundation (MRF) providing research into the cause, effect and cure of scleroderma. The message the Foundation would like to spread is that they are seeking names of anyone having the problem. They ask that the report be sent to its founder Mrs. John Barlet, 704 Gardner Center Road, New Castle, Pa. 16101.



A SHOWER BATH or a detour? That was the choice HM1 Darrell Priddy (above) of Staff Sick Call had to make in climbing the hill last week. He chanced it!

Movie Schedule

Monday, June 7

DIRTY MARY, CRAZY LARRY — Peter Fonda, Susan George — Action Drama (PG)

Tuesday, June 8

THE BLACK BIRD — George Segal, Stephanie Andram — Comedy (PG)

Wednesday, June 9

LEADBELLY — Roger Mosely, Paul Benjamin — Drama (PG)

Thursday, June 10

NIGHT CALLER — Jean-Paul Belmondo, Charles Denner — Drama (R)

Friday, June 11

LAS VEGAS LADY — Stuart Whitman, Stella Stevens — Drama (PG)

Saturday, June 12

THE EXORCIST — Max von Sydow, Ellen Burstyn — Horror Drama (R)

Sunday, June 13

JUGGERNAUT — Omar Sharif, Richard Harris — Adventure Drama (PG)

Monday, June 14

ALICE DOESN'T LIVE HERE ANYMORE — Ellen Burstyn, Kris Kristofferson — Drama (PG)

Tuesday, June 15

MR. QUILP — Anthony Newly, David Hemmings — Musical (G)

Wednesday, June 16

AARON LOVES ANGELA — Robert Hooks, Irene Cara — Drama (R)

Thursday, June 17

KILLER ELITE — James Caan, Bo Hopkins — Action Drama (PG)

Friday, June 18

MUSTANG COUNTRY — Joel McCrea, Robert Fuller — Nature Drama (G)

Saturday, June 19

ARNOLD — Stella Stevens, Roddy McDowall — Horror Comedy (PG)

Sunday, June 20

DILLINGER — Warren Oates, Ben Johnson — Crime Drama (R)

Monday, June 21

THE GAMBLER — James Caan, Lauren Hutton — Drama (R)

Tuesday, June 22

LIES MY FATHER TOLD ME — Yossi Yadin, Len Birman — Drama (PG)

TENNIS

In World Team Tennis, the Golden Gaters will salute the Navy on June 6. Buy one ticket and get another free. The offer is good for reserved logs only, but the twofers will be honored at Coliseum ticket windows, or you may secure advance coupon from Special Services. Base civilian personnel and their families and guests are also invited.

For military & civilian

DoD revises directive on standards of conduct

Deputy Secretary of Defense William P. Clements, Jr., has approved several changes to Department of Defense Directive 5500.7, "Standards of Conduct," in an effort to close any potential loopholes involving conflicts of interest.

The following language was deleted from the directive in the provision on "Gratuities" which permitted:

Customary exchange of social amenities between personal friends and relatives when motivated by such relationships and extended on a personal basis.

Transactions between and among relatives which are personal and consistent with the relationships.

In addition, the revised directive expands the number of military and civilian personnel required to submit statements of employment and financial in-

terests. Following are changes in Paragraph XV of the directive which describes DoD personnel required to submit statements:

All civilian officers and employees paid at the level of grades GS-16 to 18 and at a level of the Executive Schedule in subchapter II of chapter 53 of title 5, United States Code.

All officers of flag or general rank.

Commanders and Deputy Commanders of major installations, activities and operations as determined by the respective Secretaries of the Military Departments and Directors of Defense Agencies.

Mr. Clements emphasized that the Department of Defense will not tolerate violations of standards of conduct policy and any variance from strict adherence to provisions of the directive will be dealt with severely.

Moffett still winning honors

It has got to be a record!

Once again the Moffett Field Branch Clinic has the "White Hat of the Month" for COM-PATWINGSPAC.

The Sailor of the Month program at the clinic went in full swing in May 1975, through the efforts of the administrative officer, LTJG F. H. Maurer. Since then, through April, the Clinic has had 11 separate opportunities to compete for the honor. There were 10 individuals who represented the clinic, and five out of the number were given the accolade. "The success rate is higher than I have ever seen for such a program," CDR F. A. Teague, Officer in Charge, said.

But for the whole story! In January 1976, the Commander, Patrol Wings, U.S. Pacific Fleet, RADM John V. Josephson, conducted a Sailor of the Year com-

petition, and in that, too, the Clinic came out very well. HM3 Kathlene C. Eckroth was 2nd runner-up and HM2 Rommie L. Johnson was 1st runner-up. Two out of three possible awards!

The newest edition to this elite group is HN Gail Jean Doyle. She won the Moffett Field honor for April in ceremonies held May 12. With the honor were citations from the City of Mountain View, the Santa Clara Council of the Navy League, the Lions Club, the Rotary Club and the Kiwanis Club.

The two latter clubs provided dinner for two and the Santa Clara Valley Branch 101 of the Fleet Reserve Association furnished two tickets to the Circle Star Theatre. HN Doyle also received a \$200 merchandise certificate from Levitz Furniture Company in Santa Clara.

4th of JULY

PICNIC

on base for NRMCO. COME!



FROM HERE

TO HERE

on Tuesday, June 8,

for the blood Donor is just across the gymnasium. But for the Donee, your few steps and short wait may mean a *lifeline* to a glorious future for someone in need.

Meet a spouse or friend at the doughnut/juice bar afterward, relax and tell each other how it was.

You have two pay days before the Navy Relief drive ends at NRMCO.
Hop aboard! Donate through the Public Affairs Officer.

The OAK LEAF



Vol. 38, No. 13
Friday, June 18, 1976

NAVAL REGIONAL MEDICAL CENTER, OAKLAND

A draw from the box

"And the blood donor winners are..."

Winning the free bowling:

Lab student: HM3 Michael P. Beckley;
PMT students: HM2 Richard Griffith,
HM2 Linda Smith, HM2 Stevenson
Williams and HM2 D. Trudell;

PT/OT students: HM2 Michael Baker,
HM2 Harry Wallace and HM3 K. C.
Rader;

OR students: HM3 T. L. Geweye and
HM3 Elizabeth A. Sosky.

Staff parking:

HM2 Gene Bowyer, Laboratory
HM3 Joel Burgess, ENT Clinic;
HN Kenneth Martindale, Eye Clinic.

Day at the races:

LTJG Yuki Kato, Ward 5-South;
HM3 John A. Miller, ENT Clinic;
HM3 Donald Rotermund, Laboratory
Service;

Ms. Carolyn Fort, Word Processing
Branch.



Photo buff is Sailor of Month

Our Sailor of the Month for May is HMI Steven L. Spring. He is about as accommodating a gentleman as anyone would hope to meet.

Steve has been in the Navy since 1964. He lives with his wife and three girls in enlisted housing on base.

His chief hobby? Photography, naturally.

When he was in Morocco he took a correspondence course in modern photography. Steve then progressed on through the Navy School of Medical Photography, Bethesda, Md. He is working on his certification with the Biological Photography Association, and has behind him 3 years of a 5-year course.

Currently Steve is hip on macro photography and, like most buffs, uses an array of cameras, having several of his own. When Petty Officer Spring retires from the Navy, he anticipates continuing his career as a self-employed photographer.



Photo by Dr. John Summersette
President, Merritt College

THE PHOTOGRAPHY CLASS started June 11 with the San Francisco Examiner's Fran Ortiz (far right) as instructor. Lesson Number One was on developing film sans darkroom, with only a black changing bag. Observing are HM3 Loue Basidos, HM2 Tim Town, HM3 Ron Smith, Ms. Ann Lovern and LTJG Donna Pavlick, MSC.

Academic UNC conferences scheduled

Dr. William Parkos, of the regular University of Northern Colorado, Center for Special and Advanced Programs, will be at Medical Center on July 21, 1976, to talk with prospective students.

The question has been posed, "How does the University of Northern Colorado (UNC) program differ from that of the Southern Illinois University (SIU) at Edwardsville program?"

Briefly, the UNC program puts emphasis on specialization in health care administration, whereas SIU, although offering health care management courses,

puts emphasis on the Master of Business Administration degree. The programs can usually be completed in one to two years.

This Center offers the rare opportunity to study specialties of primary interest right here on base. Personnel who have obtained training in administrative skills will naturally be more competitive for promotion and assignment as they pass through their normal career patterns in the Navy medicine field.

Phone Education and Training, exts. 3085/2237 for further information.

Preventive dentistry gets local emphasis

BUMED recognizes that bacteria in the form of dental plaque causes most dental caries. Within the Bureau, a dental plaque control program, attacking the problem of caries and of periodontal disease, is achieving favorable results.

Here at NRMCO the program consists of three or four short dental appointments, during which the importance of plaque control is explained. Methods of control are demonstrated and, most importantly, the patients are required to exhibit their ability to achieve plaque control.

If it is time for your dental checkup, phone ext. 2255 for an appointment.

Chaplain's Corner

For fathers only

In the Broadway play called "Fanny," there is a sailor named Marius who is the true embodiment of the saying: "A sailor has a girl in every port." In the port of Marseille he meets a lovely native girl called "Fanny." He deceived her by promising her his love. Then when he has stolen her most priceless possession he runs away to sea leaving Fanny to bear his child.

Fanny, in great distress, turns to Panisse, a huge, bristling, powerful man who is a tender Christian. He marries Fanny, gives her child a name and a father. Later Marius decides to return to Marseille and he is dumbfounded to find out what has happened. Of course he wants Fanny. Of course he wants his own child, and in a despairing moment he cries to Panisse, "Who is the father, the one who gives life or the one who buys the bibles?" And then the finest moment of the play comes when Panisse says tenderly to Marius, "The Father is the one who loves."

CDR L. Wayne Rushing, CHC, USN

NAVAL REGIONAL MEDICAL CENTER, OAKLAND, CALIFORNIA

RADM Henry A. Sparks, MC, USN,
Commanding Officer

CAPT Ira J. Woodstein, MC, USN,
Director of Clinical Services

CDR Hubert H. Sowers, MSC, USN, Director of Administrative Services

LTJG Gene Hart, MSC, USNR, Public Affairs Officer and THE OAK LEAF Advisor

Editor: Jo Spivey

Photography: HM1 Steven L. Spring, HM2 T. J. Town, Jo Spivey, HN D. Manley

THE OAK LEAF is a semimonthly publication produced commercially with appropriated funds in compliance with NAVEXOS P-35, Rev. Jan. 1974. Opinions contained herein are not official expressions of the Department of the Navy.

THE OAK LEAF receives American Forces Press Service and NAV NEWS material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Regional Medical Center, Oakland, Ca. 94627.

Bits and pieces

Alas and alack! Although the Hospital Corps Anniversary Ball was the best in several years, there will be no pictures. It seems the flash and the camera were not synchronized. Thus, the youngest and the oldest cutting the cake did not go down in film history. They were, however, HMC George Canning, Recreational Service, and HA Karen Kozlik, Pediatric Service. A few bouquets for making the ball its big success should be showered on HM1 Hank Chinnery. You did a great job as Chairman of the Entertainment Committee, Hank!

Captain Jean Heath's new traveling abode is done in Spanish decor with deep red velvet motif. Captain Jean is eagerly awaiting the day when she can take off with her "gownless evening strap" to see the world.



THE PT/OT SCHOOL was caught holding an office conference in the "USS Titan," Captain Jean Heath's new landrover. (And expecting to get by with it just because the background music was sounding off with Anchors Aweigh!) HMC Jerry Koonce, LT Jim Walker and Mrs. Koonce are pictured.



USMC SSGT F. J. TAYLOR, a patient on 7-West, was discovered up by the warehouse last Saturday afternoon a-piping "McPherson's Lament" and other Scot tunes. He's a member of the Cameron Clan and has promised to bring his bagpipes to the 4th of July picnic.



CAMPUS ON THE LAWN improves a Southern Illinois University (SIU) session, whatever the subject. Echos were that the lesson had to do with the business aspect of making a profit on the sale of beer.



Howard Young discusses eating trends

Howard Young tabs himself a "hotel and restaurant observer," but what he observes rings dinner bells when diners make a choice.

In speaking to the officers' wives at their June 9 luncheon, Mr. Young suggested that the day of the Mamma and Pappa operation is "in" as far as eating habits of the area population.

Five years from now may be a time for "remembering when" you experienced one of the big



People are breathing.

restaurants for which San Francisco has long been famous.

Perhaps, however, you need not feel too badly about the passing of some of the older places offering gourmet delights. The chefs of many of those places are now cooking for the smaller restaurants. Mr. Young can tell you where.

The door prizes won by several of the O'wives will give them a chance to take their O'husbands to some of Mr. Young's choice selections.

* * *

Incidentally, do you realize that our forebears on *The Mayflower* had no forks. Fingers and knives had to make do.



THE CRUTCH MITTS given NRMCO patients by the Ladies Auxiliary of the Fleet Reserve Association of Alameda's Branch 87 carried with the gift the full spirit of the Fourth of July. The covers were in red, white and blue. They were knitted by Mrs. Evelyn Perré, the President, Mrs. Sandy McNichol, the Americanism Chairman, and Mrs. Grace Liming, the Chaplain. Mrs. Armstrong accepted the present on behalf of the Red Cross, your friendly Good Neighbor.



Last weekend, by the light of the full moon, things were a'poppin for NRMCO staff!

Who's been doing what

Navy Good Conduct Award

HM2 J. Young, Laboratory Service

HM3 J. Cahill, Operating Room

HM3 T. O'Hara, Psychiatry Service

To Fleet Reserve

HMCS Paul Lightfoot, Preventive Medicine

MM1 Al D. Pierce, Special Services

HM1 Dale J. Oster, Preventive Medicine Service

Reenlistment

LNC Clarence Atterbury, Legal Service

HMC Ted Sparks, PMT School

Augmentation

LCDR K. Booher, Orthopedic Service

Promotions

To Captain

G. McWalter, Dental Service

To Commander

R. Bauknight, Otorhinolaryngology Service

To Lieutenant Commander

R. Allen, Orthopedics Service

D. Bliss, Internal Medicine Service

D. Forth, Pathology Service

D. Harrell, Orthopedic Service

R. Kaler, Moffett Field Clinic

L. Katzman, NAS Alameda Clinic

J. Larson, Psychiatry Service

E. Mack, MSC, Mare Island Clinic

R. Malstrom, Mare Island Shipyard

Nurse Corps - To Lieutenant

C. Butcher

S. Perrault

K. Clifford

K. Ronne

K. Drobinski

P. Studinski

K. Mason

M. Williams

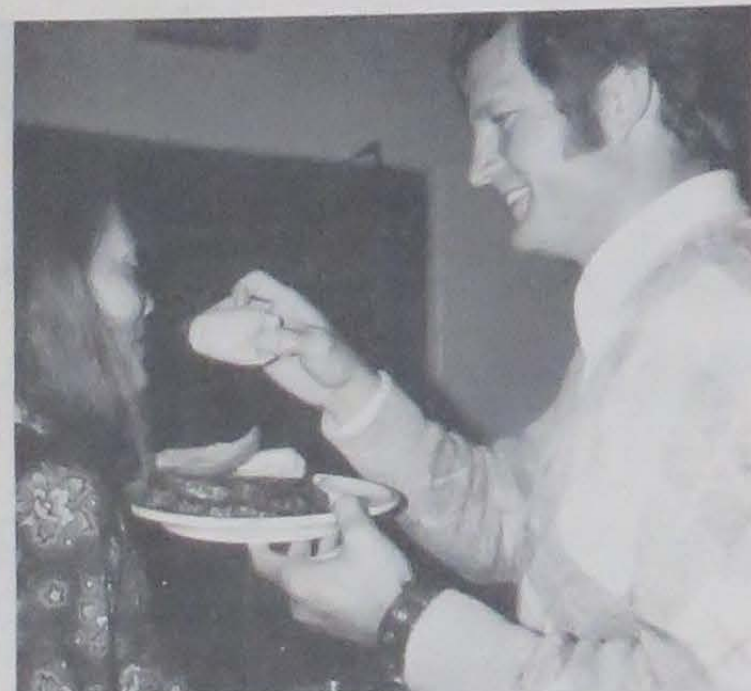
B. Morris

C. Zech

To Lieutenant Junior Grade

B. Andrews B. Glass J. Horton

R. Waldron



A HAIL AND FAREWELL at the O'Club gave reason enough for California's wineries to treat those reporting and detaching to vintage selections. Upper left, Kinta and Dave Clark toasted Bill Leedom. Wines were shared by Mr. and Mrs. Ernest Fortino, lower left. To top the evening, Fritz and CDR Bill McKenzie will vouch that steak and corn-on-the-cob and chamber music by a Cal State Hayward quartet were the right accompaniment for the wine tasting event. The musicians pictured are Cathy Allen and Jim Hurley.

NEVER LEAVE YOUR PET inside an automobile on a warm, sunny day. On an 85° day, the temperature inside your car, even with windows slightly open, will reach 102° in 10 minutes, 120° in 30 minutes. A dog can withstand a temperature of 107-108 degrees for only a short time before suffering irreparable brain damage or even death.



FAMILY PORTRAIT? Not unless you call it Recreational Services' family. Chief and Mrs. Canning gave a farewell dinner for MM1 Al Pierce's (bowling alley attendant). And where was Al? Down in the game room with other friends gobbling up the seafood bouillabaisse prepared by the Chief.



CAPTAIN AND MRS. WOODSTEIN, preparatory to departing for Guam, joined the Officers' Wives' Club at the May 29 flea market. (It depends on how much a person buys of the other fellow's discards whether it is called a "swap meet.") The bicentennial bonnet, worn by Mrs. W., definitely was purchased from another booth.

SCORE • BOARD

SOFTBALL NURSES BEAT CAPTAINS BY SCORE 19-9

(read on)

The above headline is no printer's error. It is a deliberate lie.

As this reporter was leaving the hotly contested softball game between the Captains of Medicine and the Nurses of Human Kindness, a young man walking up the hill was queried.

"Honestly, now, who do you think is going to win?"

His reply: "The nurses, of course, because they are prettier and sweeter!"

Meanwhile, the doctors were beating the nurses something awful. Which gave rise to an all-rules barred situation. One nurse was seen taking a refreshment to a runner on third, and as he ran for home base the unidentified female trotted along too, holding the beverage mouth-high in front of the player. Progress was somewhat impeded. But what was just one more out! The captains were winning anyway, he must have thought.

It was a shame though that Shortstop Dillon of 7th deck got her bonnet dirty when she slid to third.

Doc LeBlanc didn't really hit that ball with the wrong end of the bat. He was just clowning for the grandstand. And Doctor Duane—or was it somebody else—was stuffing himself with a hotdog as he went on field. That, too, was just to boost the nurses' in-service training fund.

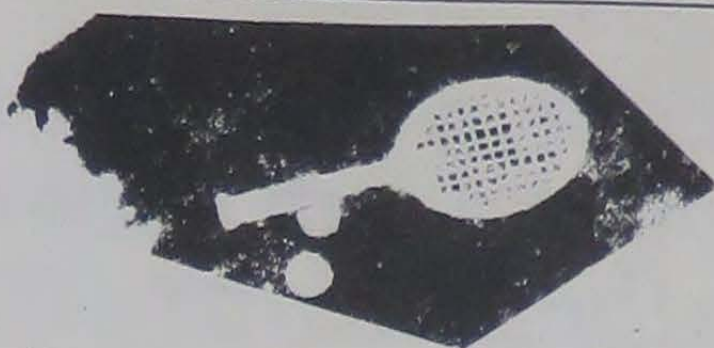
After all, with all the "nursing care" afforded everyone with the supply of homebaked goodies, nearly all spectators should agree that *the nurses should have won!*

They really are smaller and prettier.

*The Navy Relief Society
HELPS the most
Important People
on Earth—YOU
and YOUR
DEPENDENTS!*



"THE NAVY AND
MARINE CORPS
TAKE CARE
OF THEIR OWN"



Tennis lessons offered

State whether you are a beginner, intermediate or advanced tennis student and sign up now with Ken Roberts or Ron Brown, ext. 2350, for lessons being offered through Special Services. Even rackets are available at minimal rental through them.

Schedules are now being set up, and you may be lucky, so indicate preferred starting date, time and day of week.

Several tournaments are planned for the near future.



OUR AMBULANCES and transportation's cars do not stay shiny without some behind-the-scenes effort. DN Douglas Stover was caught Saturday morn giving a unit its spit and polish. It is called "weekend duty."

Movie Schedule

Wednesday, June 23

DRAGON FLY — Beau Bridges, Mildred Dunnock — Drama (PG)

Thursday, June 24

WATCH OUT WE'RE MAD — Bud Spencer, Terrence Hill — Adventure Comedy (G)

Friday, June 25

CREATURE FROM BLACK LAKE — Jack Elan, Dub Taylor — Adventure Drama

Saturday, June 26

MC Q — John Wayne, Eddie Albert — Action Drama (PG)

Sunday, June 27

THE BEAST MUST DIE — Calvin Lockhart, Peter Cushing — Horror Drama (PG)

Monday, June 28

SIDECAR RACER — Ben Murphy, Wendy Hughes — Drama (PG)

Tuesday, June 29

TAXI DRIVER — Robert De Nero, Cybill Shepherd — Drama (R)

Wednesday, June 30

GABLE AND LOMBARD — James Brolin, Jill Clayburgh — Love Story (R)

Thursday, July 1

OPERATION DAYBREAK — Timothy Bottoms, Martin Shaw — Drama (PG)

Friday, July 2

THE HUMAN FACTOR — George Kennedy, John Mills — Drama (R)

Saturday, July 3

YOUNG FRANKENSTEIN — Gene Wilder, Peter Boyle — Horror Comedy (PG)

Sunday, July 4 (no movie)

Come ring bells together at all hands picnic. Military - free. Civilians - \$1 per adult.

In Memoriam

Alice C. Racicot, who died last week, will be remembered by many staff members as the medical librarian of this hospital for many years. After retiring here, she continued in her career as a librarian for many years. She sacrificed a son as a prisoner of war to the Japanese during World War II.



IF YOU DON'T PLAY TENNIS, sitting and watching the game is the next best thing. Mrs. G. Mass was dog-sitting, waiting for her husband. The 5-year-old daughter of LCDR Tom Schultz was little concerned that the five courts were busy. She sat and peeled off her shoes to welcome the warm sunny day.



HIP, HIP, HOORAY! Recreational Services has now provided Medical Center with a sauna located at the swimming pool. All steamed up to 190° are Gregory Gruszka, seated, and Vincent Wolff, with the towel, both patients at NRMC Oakland.

Staff babies born at...

Naval Regional Medical Center, Oakland, on May 28, 1976, Daniel Patrick Donohue, 9 pound 4 ounce son of Patricia and HN Patrick F. Donohue... on May 30, Erin Kate Meehan, 8 pound 8 ounce daughter of Robin and Captain William L. Meehan... on May 30, Maudy Chiyoko Yamada, 6 pound 8 ounce daughter of LTJG Patricia L. and Mr. Anthony C. Yamada... on June 9, David Lee Aronson, 6 pound 14 ounce son of Rebecca Deane and HM3 Mark L. Aronson.

The OAK LEAF



Vol. 38, No. 14
Friday, July 2, 1976

NAVAL REGIONAL MEDICAL CENTER, OAKLAND

the worth of the INDIVIDUAL

By Msgt. Julian Mills

How important is an individual? What does one person contribute to the whole of our society?

It is the individual who makes up our society, and the Holy Scriptures teach that "one soul is worth more than the whole world." This puts a great deal of emphasis upon the individual. It says that he or she is most important. In fact, it very plainly states that he or she is worth more than anything in the whole world.

The golden rule tells us that we should do unto others as we would have them do unto us. However, sometimes it seems easier to do unto others *before* they do unto us. Plainly, doing the right thing is not always the easiest thing.

Human beings are born with an inner person or conscience. This is the "little voice" that informs us when what we are planning to do or say something bad about another one of these "most important" persons in our society. All of us have the mechanisms to lead us on the right path, and yet when we would do right, evil is always present. It is important to society, to the other person, and to ourselves that we listen to the inner voice of conscience that would lead us to do the right thing.

The next time there is the urge to do something harmful or to say something negative about another individual, remember—he or she is worth more than the whole world.

Have a good holiday,
but please
be extremely careful
with fire.
California is very dry.

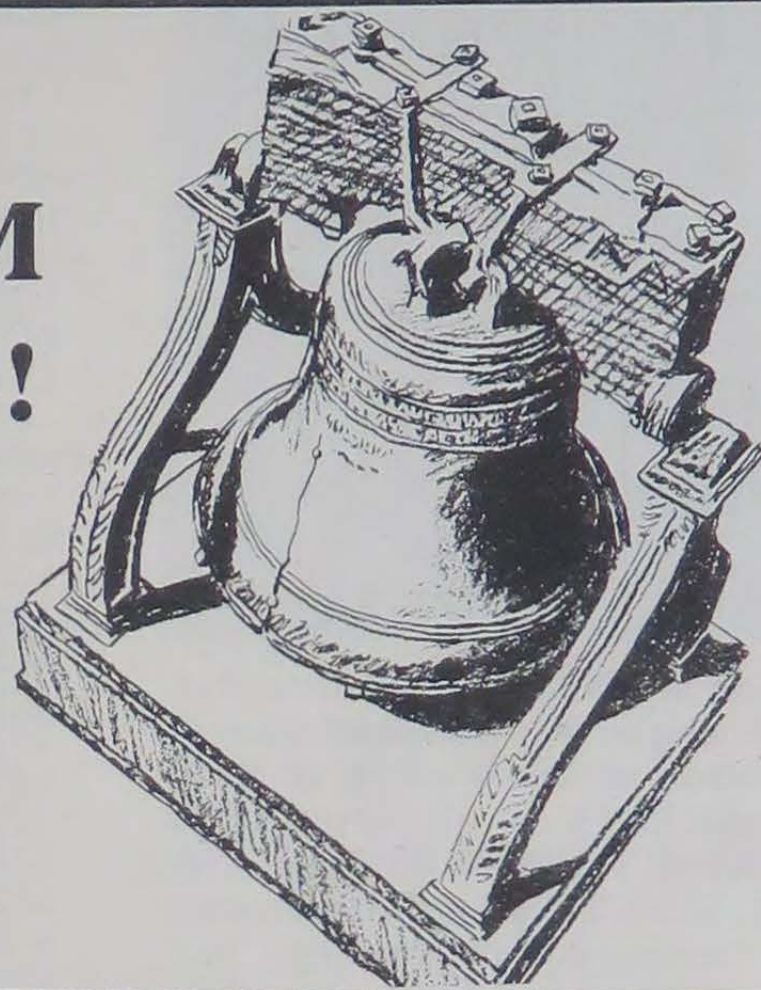
BLOOD DONATIONS NEEDED

Mr. Leonard Leal, S.F. Chronicle Distributor at this facility, is hospitalized at Eden Hospital. He is scheduled for surgery, and blood donations on his behalf are needed and would be greatly appreciated. Such donations may be contributed by calling Alameda-Contra Costa Blood Bank, 6230 Claremont Avenue, Oakland. Telephone: 654-2924 (appointments are necessary).

LET FREEDOM RING!

IMPORTANT ANNOUNCEMENT

The Fourth of July NRMCO picnic has been cancelled. Many families will be out of town for the three-day holiday, and all-day TV coverage nationally is attracting many stay-at-home viewers.



The Laboratory Service at NRMCO accredited

A certificate of accreditation by the College of American Pathologists, a medical specialty organization of more than 6,500 pathologists, was last week awarded to the Laboratory Service of NRMCO Oakland.

President of the College, Dennis B. Dorsey, M.D., stated that the laboratory received its certification from the College's Commission on Inspection and Accreditation. The laboratory has successfully met the standards for laboratory performance, determined from the results of an intensive, on-site inspection by a volunteer pathologist inspector from the College. An on-site inspection is carried out every two years, with an interim self inspection and constant monitoring of the laboratory's proficiency test results.

"This accreditation," emphasized Dr. Dorsey, "reflects credit to the institution and assures patients and physicians of the continuing accuracy and precision of the laboratory's services."

The Inspection and Accreditation Program of the College is recognized as one of the most outstanding medical peer evaluation systems in the world. Its goal is to promote the best possible laboratory performance via a program which examines and evaluates all phases of a laboratory's operation.



Chaplain Carey receives Ph.D

Lieutenant William H. Carey has been awarded a Ph.D in Religious Education by New York University. His dissertation was on "The Concept of Salvation in the Writing of Karl Rahner, S.J."

Oak Knoll's scholar in residence taught 12 years at St. Johns University in the Department of Theology. He has been ordained 17 years, and has received permission from his Bishop to remain with the Navy.

In congratulating Chaplain Carey, Rear Admiral Sparks stated, "There is always a definite need for professionals of all disciplines to expand and strive for more comprehensive knowledge. You have certainly brought credit upon yourself, your family, your church and the U.S. Navy by completing what I know to have been a most exacting program."

Inconsequential knowledge: Sea World's big killer whales consume about 20 marine mammal multiple vitamins each day.

Partial list of officer departures May and June (listed alphabetically)

From	To
ENT	RAD, North Carolina
Psychiatry	RAD, Florida
Internal Medicine	NRMC San Diego
Laboratory	RAD, Louisiana
Allergy	RAD, New Jersey
Internal Medicine	RAD, Colorado
Operating Management	Pearl Harbor
Surgery	RAD, California
Food Management	NRMC Yokosuka
Military Personnel	NNMC Bethesda
Ophthalmology	RAD, Indiana
Nuclear Medicine	RAD, California
Branch Clinic, Moffett Field	RAD, Tennessee
Branch Clinic, NAS Alameda	RAD, Louisiana
Radiology	RAD, Massachusetts
Pediatrics	RAD, New York
Nurse Service	San Diego
Branch Clinic, Mare Island	29 Palms, Ca.
Branch Clinic, Mare Island	RAD, Illinois
ENT	RAD, Honolulu
Psychiatry	RAD, California
Dental	RAD, New Hampshire
Branch Clinic, NAS Alameda	RAD, California
Internal Medicine	RAD, California
Orthopedic	RAD, California
O' Club	RAD, Nevada
Staff Judge Advocate	RAD, Idaho
Internal Medicine	RAD, California
Dental	RAD, Michigan
Psychiatry	NNMC Bethesda
Anesthesiology	RAD, Colorado
Branch Clinic, NAS Alameda	Harvard
Branch Clinic, NAS Alameda	RAD, Massachusetts
Occupational Therapy School	FT Sam Houston



IS IT A RUDDER that we see there, or be it mere protection for a beloved vehicle which found way from Maryland to California?



WE WERE HAVING A HEAT WAVE, a Bay Area heat wave, which caused the asphalt to melt and give way. Luckily a tow truck arrived in time to retrieve the automobile which Chaplain J. J. Snell recently purchased.

THE SHORT SHEET

New CHAMPUS contractor for California

According to Defense Department officials, all CHAMPUS claims submitted on or after July 1 for care received in California should be sent to Health Application Systems, Inc., P.O. Box 85020, San Diego 92138, even if the care was received before that date.

Flight training for women now offered by all services

All three Military Departments—Army, Navy and Air Force—now offer pilot training to women. The Department of Air Force announced that 26 Air Force women officers will be selected to train as pilots and navigators beginning this summer.

Military personnel to receive swine flu shots

All uniformed military personnel will be immunized against swine flu sometime in early autumn, without cost. The vaccine will be optional for dependents in the United States. It is expected that they will be able to receive the swine flu shots at any military base hospital or clinic.

U.S. Naval Home to move to Gulfport

By late summer the old Naval Home at Philadelphia will close doors and its new homeport will be Gulfport, Miss., where a more modern facility is nearing completion. Already there is a waiting list for entrance into the home.

NAVAL REGIONAL MEDICAL CENTER, OAKLAND, CALIFORNIA

RADM Henry A. Sparks, MC, USN,
Commanding Officer
CAPT Ira J. Woodstein, MC, USN,
Director of Clinical Services

CDR Hubert H. Sowers, MSC, USN, Director of Administrative Services

LTJG Gene Hart, MSC, USNR, Public Affairs Officer and THE OAK LEAF Advisor

Editor: Jo Spivey

Photography: HM1 Steven L. Spring, HM2 T. J. Town, Jo Spivey, HN D. Manley

THE OAK LEAF is a semimonthly publication produced commercially with appropriated funds in compliance with NAVEXOS P-35, Rev. Jan. 1974. Opinions contained herein are not official expressions of the Department of the Navy.

THE OAK LEAF receives American Forces Press Service and NAV NEWS material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Regional Medical Center, Oakland, Ca. 94627



AVA McWASHING-TON is an outstanding JANGO of NRMCO chapter. She received a merit award from the Executive Board of JANGOS, Inc., the national organization, and a check for \$50. Ava has devoted over 368 hours to our hospital.



A GORGEOUS MOTH, in tones of champagne and brown, having wings near a 3" spread, took a rest at the base service station. Brock Taylor, Nelson Sparks and Mike Neives could not resist temptation to hold the rare beauty in detention for a few friends to admire.

Who's been doing what..

Three reup for first reenlistment

HM1 William V. Ruiz, 2nd reenlistment. He works in the Ophthalmology Clinic.

HM3 Rolando P. Felicitas, 1st reenlistment. (Member is reenlisting early to apply for U.S. citizenship.) He works in Laboratory Service, and has orders to Sasebo, Japan.

HM3 Leon C. Francisco, Jr., 1st reenlistment. He works in Pharmacy Service.

HN Jesus Y. Vidal, 1st reenlistment. He is a student in Laboratory School.

Navy Good Conduct Awards

HM2 Bernard G. Bowyer, Laboratory Service

HM2 Enrique (NMN) Moreno, Jr., Psychiatry Service

HM3 Christopher M. Nielsen, Physical Therapy

HM3 Charles F. Pace, Central Supply Room

Retirement

LCDR Margaret M. Ludwig, NC



A VANISHING BREED is the sailor in bell bottoms and piped jumper. MM1 Al Pierce vowed that he'd go out of the service to the Fleet Reserve in the same style uniform in which he came in. And so he did!

MINI-BIKES ARE SOLD PRIMARILY FOR OFF-ROAD USE. MAKE SURE THEY ARE RIDDEN ONLY IN AUTHORIZED AREAS.



HOSPITAL OPERATING ROOM or TV station? During a very delicate surgical procedure this month, cameras, lights, ladders and photographers, as well as corpsmen and doctors and nurses, were scrubbed for a real-live Medical Center operation which went on camera.

Navy alcoholic program successful

WASHINGTON, June 18, (AFPS)—Seven of ten sailors who receive treatment in the Navy's alcoholic program are not only making it over booze but also are making it in the Navy.

"They are satisfying the contract with the Navy, getting recommended for reenlistment, getting promoted, receiving the same career opportunity they had before they went into treatment," according to Captain Stuart Brownell, Director, Navy Alcoholism Prevention Program.

Himself an alcoholic, Captain Brownell said that it's unfortunate there is still a social stigma attached to the disease and that a lot of Navy men fear seeking treatment will ruin reputation and career.

"I hated the admiral that sent me into treatment for the first time, but if I saw him today, I would thank him because he started me on the road to recovery," Captain Brownell said.

Appearing on the AFRTS-TV program "Directions 76," Captain Brownell discussed the disease called alcoholism, describing it as a three-fold addiction—physically, mentally and spiritually.

One problem of the disease, he said, is that, "People keep expecting the sick alcoholic to have a logical mind and be able to make a logical decision."

Like all Service alcohol prevention programs, Captain Brownell stressed that the Navy's program is tied closely to Alcoholics Anonymous, which has local groups meeting everywhere in the United States. For area meeting schedules, call 653-4300 or ext. 2252.

Miniature Schnauzer Club to hold fun match

The Miniature Schnauzer Club of Northern California will hold an A.K.C. sanctioned conformation and obedience fun match on the NRMCO ball field Saturday, August 14, for the benefit of the patients and staff. Exact times for judging will be published in the Plan of the Day.

Captain Heath, Immediate Past President of the club, states that the club held a similar match several years ago and that a good time was had by all—spectators and participants. Anyone desiring further information may contact Captain Heath at ext. 2085.

* * *

Have you ever made note of the camping equipment and other gear available at Special Services for a very small fee? You, too, might want to go off into the wilderness. The San Francisco YMCA is offering classes in backpacking techniques. Also a houseboating trip on the Delta. Check it out with Special Services.

mileskilometers

ouncesgrams

poundskilograms

F°centigrade

POCKET
SIZE
METRIC
CAL-
CULATOR

inchesmillimeters

pintsliters

feetmeters

gallonsliters

POCKET
SIZE
METRIC
CAL-
CULATOR

fold over

paste

paste



“OFF TO SET SOME BEAR TRAPS,” says HN James (“Kass”) Kassinger. So why is he taking along a fishing pole?

MAKE YOUR OWN METRIC CALCULATOR—Simply paste on light cardboard; use a razor blade and cut out the solid lines (including the space in the windows). Fold on the dotted line and paste up the seam. Insert the table inside the window-sleeve and you have your pocket metric calculator finished.

PULL										PULL																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																										
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																			
1.609	3.218	4.827	6.436	8.045	9.654	11.263	12.872	14.481	16.090	17.699	19.308	20.917	22.526	24.135	25.744	27.353	28.962	30.571	32.180	33.789	35.398	37.007	38.616	40.225	41.834	43.443	45.052	46.661	48.270	49.879	51.488	53.097	54.706	56.315	57.924	59.533	61.142	62.751	64.360	65.969	67.578	69.187	70.796	72.405	74.014	75.623	77.232	78.841	80.450	82.059	83.668	85.277	86.886	88.495	90.104	91.713	93.322	94.931	96.540	98.149	99.758	101.367	102.976	104.585	106.194	107.803	109.412	111.021	112.630	114.239	115.848	117.457	119.066	120.675	122.284	123.893	125.502	127.111	128.720	130.329	131.938	133.547	135.156	136.765	138.374	139.983	141.592	143.201	144.810	146.419	148.028	149.637	151.246	152.855	154.464	156.073	157.682	159.291	160.900	162.509	164.118	165.727	167.336	168.945	170.554	172.163	173.772	175.381	176.990	178.599	180.208	181.817	183.426	185.035	186.644	188.253	189.862	191.471	193.080	194.689	196.298	197.907	199.516	201.125	202.734	204.343	205.952	207.561	209.170	210.779	212.388	213.997	215.606	217.215	218.824	220.433	222.042	223.651	225.260	226.869	228.478	230.087	231.696	233.305	234.914	236.523	238.132	239.741	241.350	242.959	244.568	246.177	247.786	249.395	250.999	252.608	254.217	255.826	257.435	259.044	260.653	262.262	263.871	265.480	267.089	268.698	270.307	271.916	273.525	275.134	276.743	278.352	279.961	281.570	283.179	284.788	286.397	288.006	289.615	291.224	292.833	294.442	296.051	297.660	299.269	300.878	302.487	304.096	305.705	307.314	308.923	310.532	312.141	313.750	315.359	316.968	318.577	320.186	321.795	323.404	325.013	326.622	328.231	329.840	331.449	333.058	334.667	336.276	337.885	339.494	341.103	342.712	344.321	345.930	347.539	349.148	350.757	352.366	353.975	355.584	357.193	358.802	360.411	362.020	363.629	365.238	366.847	368.456	370.065	371.674	373.283	374.892	376.501	378.110	379.719	381.328	382.937	384.546	386.155	387.764	389.373	390.982	392.591	394.200	395.809	397.418	399.027	400.636	402.245	403.854	405.463	407.072	408.681	410.290	411.899	413.508	415.117	416.726	418.335	419.944	421.553	423.162	424.771	426.380	427.989	429.598	431.207	432.816	434.425	436.034	437.643	439.252	440.861	442.470	444.079	445.688	447.297	448.906	450.515	452.124	453.733	455.342	456.951	458.560	460.169	461.778	463.387	464.996	466.605	468.214	469.823	471.432	473.041	474.650	476.259	477.868	479.477	481.086	482.695	484.304	485.913	487.522	489.131	490.740	492.349	493.958	495.567	497.176	498.785	500.394	502.003	503.612	505.221	506.830	508.439	510.048	511.657	513.266	514.875	516.484	518.093	519.702	521.311	522.920	524.529	526.138	527.747	529.356	530.965	532.574	534.183	535.792	537.401	539.010	540.619	542.228	543.837	545.446	547.055	548.664	550.273	551.882	553.491	555.100	556.709	558.318	559.927	561.536	563.145	564.754	566.363	567.972	569.581	571.190	572.799	574.408	576.017	577.626	579.235	580.844	582.453	584.062	585.671	587.280	588.889	590.498	592.107	593.716	595.325	596.934	598.543	600.152	601.761	603.370	604.979	606.588	608.197	609.806	611.415	613.024	614.633	616.242	617.851	619.460	621.069	622.678	624.287	625.896	627.505	629.114	630.723	632.332	633.941	635.550	637.159	638.768	640.377	641.986	643.595	645.204	646.813	648.422	650.031	651.640	653.249	654.858	656.467	658.076	659.685	661.294	662.903	664.512	666.121	667.730	669.339	670.948	672.557	674.166	675.775	677.384	678.993	680.602	682.211	683.820	685.429	687.038	688.647	690.256	691.865	693.474	695.083	696.692	698.301	699.910	701.519	703.128	704.737	706.346	707.955	709.564	711.173	712.782	714.391	716.000	717.609	719.218	720.827	722.436	724.045	725.654	727.263	728.872	730.481	732.090	733.699	735.308	736.917	738.526	740.135	741.744	743.353	744.962	746.571	748.180	749.789	751.398	753.007	754.616	756.225	757.834	759.443	761.052	762.661	764.270	765.879	767.488	769.097	770.706	772.315	773.924	775.533	777.142	778.751	780.360	781.969	783.578	785.187	786.796	788.405	790.014	791.623	793.232	794.841	796.450	798.059	799.668	801.277	802.886	804.495	806.104	807.713	809.322	810.931	812.540	814.149	815.758	817.367	818.976	820.585	822.194	823.803	825.412	827.021	828.630	830.239	831.848	833.457	835.066	836.675	838.284	839.893	841.502	843.111	844.720	846.329	847.938	849.547	851.156	852.765	854.374	855.983	857.592	859.201	860.810	862.419	864.028	865.637	867.246	868.855	870.464	872.073	873.682	875.291	876.900	878.509	880.118	881.727	883.336	884.945	886.554	888.163	889.772	891.381	892.990	894.600	896.209	897.818	899.427	901.036	902.645	904.254	905.863	907.472	909.081	910.690	912.300	913.909	915.518	917.127	918.736	920.345	921.954	923.563	925.172	926.781	928.390	929.999	931.608	933.217	934.826	936.435	938.044	939.653	941.262	942.871	944.480	946.089	947.698	949.307	950.916	952.525	954.134	955.743	957.352	958.961	960.570	962.179	963.788	965.397	967.006	968.615	970.224	971.833	973.442	975.051	976.660	978.269	979.878	981.487	983.096	984.705	986.314	987.923	989.532	991.141	992.750	994.359	995.968	997.577	999.186	1000.795	1002.404	1004.013	1005.622	1007.231	1008.840	1010.449	1012.058	1013.667	1015.276	1016.885	1018.494	1020.103	1021.712	1023.321	1024.930	1026.539	1028.148	1029.757	1031.366	1032.975	1034.584	1036.193	1037.802	1039.411	1041.020	1042.629	1044.238	1045.847	1047.456	1049.065	1050.674	1052.283	1053.892	1055.501	1057.110	1058.719	1060.328	1061.937	1063.546	1065.155	1066.764	1068.373	1069.982	1071.591	1073.200	1074.809	1076.418	1078.027	1079.636	1081.245	1082.854	1084.463	1086.072	1087.681	1089.290	1090.900	1092.509	1094.118	1095.727	1097.336	1098.945	1100.554	1102.163	1103.772	1105.381	1106.990	1108.600	1110.209	1111.818	1113.427	1115.036	1116.645	1118.254	1119.863	1121.472	1123.081	1124.690	1126.300	1127.909	1129.518	1131.127	1132.736	1134.345	1135.954	1137.563	1139.172	1140.781	1142.390	1144.000	1145.609	1147.218	1148.827	1150.436	1152.045	1153.654	1155.263	1156.872	1158.481	1160.090	1161.700	1163.309	1164.918	1166.527	1168.136	1169.745	1171.354	1172.963	1174.572	1176.181	1177.790	1179.400	1181.009	1182.618	1184.227	1185.836	1187.445	1189.054	1190.663	1192.272	1193.881	1195.490	1197.100	1198.709	1200.318	1201.927	1203.536	1205.145	1206.754	1208.363	1210.000	1211.600	1213.200	1214.800	1216.400	1218.000	1219.600	1221.200	1222.800	1224.400	1226.000	1227.600	1229.200	1230.800	1232.400	1234.000	1235.600	1237.200	1238.800	1240.400	1242.000	1243.600	1245.200	1246.800	1248.400	1250.000	1251.600	1253.200	1254.800	1256.400	1258.000	1259.600	1261.200	1262.800	1264.400	1266.000	1267.600	1269.200	1270.800	1272.400	1274.000	1275.600	1277.200	1278.800	1280.400	1282.000	1283.600	1285.200	1286.800	1288.400	1290.000	1291.600	1293.200	1294.800	1296.400	1298.000	1299.600	1301.200	1302.800	1304.400	1306.000	1307.600	1309.200	1310.800	1312.400	1314.000	1315.600	1317.200	1318.800	1320.400	1322.000	1323.600	1325.200	1326.800	1328.400	1330.000	1331.600	1333.200	1334.800	1336.400	1338.000	1339.600	1341.200	1342.800	1344.400	1346.000	1347.600	1349.200	1350.800	1352.400	1354.000	1355.600	1357.200	1358.800	1360.400	1362.000	1363.600	1365.200	1366.800	1368.400	1370.000	1371.600	1373.200	1374.800	1376.400	1378.000	1379.600	1381.200	1382.800	1384.400	1386.000	1387.600	1389.200	1390.800	1392.400	1394.000	1395.600	1397.200	1398.800	1400.400	1402.000	1403.600	1405.200	1406.800	1408.400	1410.000	1411.600	1413.200	1414.800	1416.400	1418.000	1419.600	1421.200	1422.800	1424.400	1426.000	1427.600	1429.200	1430.800	1432.400	1434.000	1435.600	1437.200	1438.800	1440.400	1442.000	1443.600	1445.200	1446.800	1448.400	1450.000	1451.600	1453.200	1454.800	1456.400	1458.000	1459.600	1461.200	1462.800	1464.400	1466.000	1467.600	1469.200	1470.800	1472.400	1474.000	1475.600	1477.200	1478.800	1480.400	1482.000	1483.600	1485.200	1486.800	1488.400	1490.000	1491.600	1493.200	1494.800	1496.400	1498.000	1500.000



NO MIDWESTERN CYCLONE; just another old unused warehouse building toppled in the way of progress at NRMC Oakland.

Pet vaccinations offered

A pet immunization clinic will be held July 15 between 9 and 11 a.m., building 101, in the area of the loading dock by the post office. Sponsorship is by the Preventive Medicine Service in cooperation with the Veterinary Service of Letterman Army Medical Center. There is a nominal fee.

Inoculation	Minimum age of pet	Vaccination required
Rabies	4 1/2 months	Every 2 years
Canine distemper	8 to 9 weeks	3 shots, 2 to 3 weeks apart
Feline distemper	8 to 9 weeks	2 shots, 2 to 3 weeks apart
Distemper booster		Yearly until 8 to 9 years old

An Oakland USO sponsored trip to Disneyland is set for July 16. The cost is \$35, including two nights lodging. This offers a good chance for persons without cars to go South.

Movie Schedule

A movie will not be shown the 4th or 5th of July.

- Tuesday, July 6**
LUCKY LADY — Liza Minnelli, Burt Reynolds — Drama (PG)
- Wednesday, July 7**
EMBRYO — Rock Hudson, Diana Ladd — Drama (PG)
- Thursday, July 8**
THE STRANGER AND THE GUN-FIGHTER — Lee Van Cleef, Lo Leih — Action, Drama (PG)
- Friday, July 9**
BAD NEWS BEARS — Walter Matthau, Tatum O'Neal — Comedy (PG)
- Saturday, July 10**
THE LORDS OF FLATBUSH — Perry King, Sylvester King — Comedy (PG)
- Sunday, July 11**
THE FAMILY — Charles Bronson, Telly Savalas — Action, Drama (R)
- Monday, July 12**
SPYS — Donald Sutherland, Elliot Gould — Action, Comedy (PG)
- Tuesday, July 13**
KILLER FORCE — Telly Savalas, Peter Fonda — Action, Drama (R)
- Wednesday, July 14**
THE DEVIL WITHIN HER — Ralph Bates, Joan Collins — Drama (R)
- Thursday, July 15**
CARAVAN TO VACCARES — David Birney, Charlotte Rampling — Drama (PG)
- Friday, July 16**
PACO — Panchito Gomez, Pernell Roberts — Human Interest Story (G)
- Saturday, July 17**
THE DAY OF THE DOLPHIN — George C. Scott, Trish Van Devere — Adventure, Drama (PG)
- Sunday, July 18**
SISTERS — Margot Kidder, Jennifer Salt — Murder Mystery (R)

The OAK LEAF



Vol. 38, No. 15
Friday, July 16, 1976

NAVAL REGIONAL MEDICAL CENTER, OAKLAND

Retirement for Asbelle? Never!

Charles Asbelle recently participated in a disadvantaged/handicapped and manpower training workshop at Otter Rock, Ore. His topic was "Habilitation of the Physically Handicapped."

Charles Asbelle also recently received a letter of praise from Robert W. Straub, Governor of Oregon. The letter, signed "Bob," stated: "Your leadership role in amputee rehabilitation at the Navy Prosthetic Research Laboratory, as a Naval officer, and a civilian administrator, has enabled countless Oregon veterans to assume their rightful roles in our society."

Let it be remembered that Oregon veterans have no unique claim in that regard. Since approximately 1942, Mr. Asbelle has contributed not only to the rehabilitation but to the habilitation of countless amputees and injured veterans across the nation. In fact, his influence spans not only California and Oregon but extends into international spheres. He has given the boost, in many instances, that has helped many an injured service person face up to life itself.

On the lecture platform and before youthful school groups



CAPTAIN STANLEY HARMON, Orthopedic Service, Mr. and Mrs. Charles Asbelle.

touring our facility, the man has helped numerous persons discard the word "handicapped" in thinking of themselves or their friends.

His "retirement" from this facility after over 33 years will be a great loss to the Navy, but his contributions in the name of research and humanity will continue to be felt for years to come. He and co-workers have preserved much of their research under Navy patents of several inventions.

At his recent farewell luncheon, Mr. Asbelle indicated that he would be leaving the career of research, artificial limbs and prosthetics to "sit back and sell insurance."

Does anyone want to bet on that?

Hearing conservation gains limelight focus

About the early sixties, families began tuning their hi-fis loud enough to wake the neighbors. Rock bands still continue to shock the sound waves in upper level decibels.

All of which has caused the medical profession to at last look at its responsibility for conservation of hearing. In accepting such duty, the Audiology and Speech Pathology Service on June 21-23 held an occupational hearing conservation course at which 14 corpsmen were certified.

The course is the only such course offered by a regional medical center, although the Environmental Medicine

(Continued on page 2)



GETTING PROMOTED TO CAPTAIN is a very special thing. The occasion is made more memorable for Captain Clarence Strom when it is shared by his wife, mother, four children and the Chief of the Otorhinolaryngology Service.

Medical Equipment Repairman Sailor of Month for June

HM1 John F. Morgan, Jr., is an electronics repairman in the Biomedical Equipment Repair Branch. For a Medical Center such as ours, the maintenance requirements of the sophisticated equipment demands skilled expertise. Petty Officer Morgan has attended many seminars to qualify himself to maintain the new modern biomedical equipment used throughout the region. He has carried a heavy

workload, but he has willingly given of himself without sacrifice of quality of performance.

His work has contributed immeasurably to substantial cost-savings realized by this command.

Petty Officer Morgan is a native of Texas. His Navy career spans 13 1/2 years. He has recently moved with his wife and two sons to the Hayward area. Some of his after-work time is spent as an umpire for some of the baseball games in the San Francisco area.

In keeping with the highest traditions of the Hospital Corps and the United States Naval Service, he has earned a sincere "well done" and congratulations.



**NAVAL REGIONAL MEDICAL CENTER,
OAKLAND, CALIFORNIA**

RADM Henry A. Sparks, MC, USN,
Commanding Officer
CAPT David Q. Wilson, MC, USN
Director of Clinical Services

CDR Hubert H. Sowers, MSC, USN, Director of Administrative Services

LTJG Gene Hart, MSC, USNR, Public Affairs Officer and THE OAK LEAF Advisor

Editor: Jo Spivey

Photography: HM1 Steven L. Spring, HM2 T. J. Town, Jo Spivey, HN D. Manley

THE OAK LEAF is a semimonthly publication produced commercially with appropriated funds in compliance with NAVEXOS P-35, Rev. Jan. 1974. Opinions contained herein are not official expressions of the Department of the Navy.

THE OAK LEAF receives American Forces Press Service and NAV NEWS material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Regional Medical Center, Oakland, Ca. 94627.



the Chaplain's Corner

FOR WOMEN ONLY!

In John Klempner's book, "A Letter to Five Wives," Addie Joss, a seductive, man-hunting, unattached female, wrote her social friends as follows: "Afraid I can't be with you, dears — I'm on a little mission which may interest you greatly because it's going to take me from you for good. Do I hear you shouting 'Good'? All right. Shout while you can. And then it will be my turn. I'd hate to leave you emptyhanded, so I thought I'd take along a little souvenir, something I hope you can spare — one of your husbands. Do you mind?..."

Which one? You do want to know, don't you, dears? Well now, it might be any one. Any one of five — five devoted husbands running off with Joss. Unfortunately, I could take only one. Someday I may make the rounds, but which one this time? Go ahead! Stare at each other. Try to look unconcerned. Pretend that it couldn't possibly be yours, and know in your heart it could. So worry, my dears, and suffer."

Each of the five wives who received this letter does worry and does suffer. Each reassures herself time and again that it couldn't be her husband; yet each, thinking back on her marriage, knows full well that it could be. Each, facing herself as a wife, becomes conscious of many things done, many things left undone, indifferences, that might have brought her marriage to this tragic climax. Each spends a long and unhappy day, waiting for the night to reveal one broken home. The story ends happily for all five; the tempted husband has changed his mind.

But the wives have learned a lesson: that you can't love a husband for a time and then ignore him; that keeping a man is a full time job.

CDR L. Wayne Rushing, CHC, USN

Hearing conservation

(Continued from page 1)

Center of Pensacola, Fla., pioneered earlier courses.

The recent seminar at our facility was coordinated under the guidance of Dr. Charles Fankhauser. It is planned that similar courses will be offered on a quarterly basis.

It is vitally important that persons conducting the tests be properly trained to evaluate results and to prescribe proper ear plug fittings.

The curriculum will not only provide hearing testing and protection for patients, but it will qualify individuals for national certification.

Technicians certified under the first trainee program are: HM2 Gary Agnew, NAS Alameda; HM3 John Brennan, NRMCO; Mrs. Alvila Burkett, Oakland; HM3 S.T. Dahlstrom, NPGS Monterey; HM3 Mark Ferrare, NRMCO; HM3 Richard Gleason, NAS Moffett Field; HM2 George Gombasy, NRMCO; HM2 Melissa Goodrow, Industrial Health Clinic, NSC Oakland; HM3 Kenneth Hilliard, NCS Stockton; SGT Lacy Hudson, NAD Hawthorne; HM2 Steven C. Martin, COMTWELVE Treasure Island; Mr. Charlie Peoples, NSC Oakland; Mrs. Carole Rasmussen, Oakland; HM3 Darrel Thomas, NRMCO Oakland.

The next course to be offered for accreditation in occupational hearing conservation will begin in the fall. Call Dr. Fankhauser, ext. 2065, for information.



MS. DORA THEA PORTER, audiologist, supervises an audiology test practicum. HM3 Darrell R. Thomas does the testing and HM3 Joel A. Burgess gets the signal.

MANY NOISE EXPOSURES can produce a permanent hearing loss that may affect communication by speech. The amount of hearing loss caused by a given noise exposure varies from person to person.

Summer aid program yields mutual benefits

On June 18, 1976, the Oakland Youth Work Experience program officially ended; however, many of the same youths continued in employment under a summer or student aid arrangement, working in various departments of NRMCO Oakland.

The jobs provide meaningful work experience for the youths, which might well be related to their future careers. For the hospital, there is also value exchange. For instance, Leonard Brinston works in Operating Management Service and helps out in the mail room, in duplicating and central files. He has received "outstanding" evaluations and it is said of him, "He learns easily and is a willing and exceptional worker. We wish we had more of his caliber."

The young workers may be found in various divisions. There are three students in Data Processing, learning such things as key punch, how to wire panel boards, operation of electrical accounting machines, and, in general, good work habits. Public Works Service uses two of the students. Kevin Warren, for example, is learning electronics repair, familiarizing himself with nurse call systems and TV repair.

Student aids are pictured and work areas are designated: Corliss Price, Radiology Service; William Boyd, Jr., Food Service; Lillia Stanley, PT/OT School; Kenneth King, Orthopedic Service; Janice Reynolds, Outpatient Service; Wesley Fong, Data Processing; Eldridge Pooler, Data and Word Processing; Verdalia Williams, Navy Prosthetics Research Laboratory; Al Jones, Marilyn Ray and Linda Castro, Supply Service; Anita Lollis, Chemistry Laboratory; Steve Green, Blood Bank; Don Askey and Kevin Warren, Public Works Service; Marilyn Stewart, Safety.

Leonard Brinston and Olga Montoya, of the Operating Management Service and Clinical Laboratory, are not pictured.



"Real doctors" now

Graduation is over

On June 30, 1976, at 2 p.m., in the Clinical Assembly, 28 medical interns and five dental general practice residents were awarded the certificates of their profession.

Captain Delmer J. Pascoe, MC, USN (Ret), in his address, set forth for the new doctors "Some Fillers for a Doctor's Bag." He listed the first thing to be included as Humor.

He also suggested that an intern should know himself with 20-20 insight; he should possess the ability to adapt or change.

"Life is a ticket to the greatest show on earth," he said, "and interns have a front row seat."

Shortly thereafter, those interns and dental residents to whom he talked passed across the stage to receive certificates of graduation and the congratulations due them. Fortunately, 16 of the group will remain on the staff of NRMC Oakland.



Kris Clemens

Kris Clemens, Secretary for Graduate Training, was made an Honorary Intern with rank of Lieutenant at the annual intern gridiron-type roasting by the Class of '75-'76. Kris proved to be a pretty good officer when she enlisted the aid of several of the graduates to help in putting gold tassels on the graduation programs. LT Chuck Rost and LT Ted Mettetal were particularly overworked.

Crew's Library orders records

The other day, one corpsman discovered that Crew's Library has a bin of records. "They're from the fifties," he exclaimed, rather excitedly.

That corpsman, and a few other service persons, may be pleased to hear that an order of new selections, year 1976, should arrive soon.

On order are such records as Stevie Wonder's *Innervisions*; and the Chicago rock group's *Great Hits*. Surely Barbra Streisand's *Way We Were* will have a following, as will Johnny Mathis' *I'm Coming Home*.

To name a few others, how about Aretha Franklin's *Let Me in Your Life*; John Denver's *Back Home Again*; Olivia Newton-John's *Let Me Be There*; Gladys Knight and the Pips *Second Anniversary* — not to mention the *Boston Pops* with Fiedler on record.

And would you believe it? The library now has earphones for three stereo players.



NOW YOU SEE THE REAL THEM, smiling broadly in celebration of the end before the beginning. The 1975-1976 intern class: Front Row: Stan P. Cowley, Jr. (DC), Samuel S. (Tut) Norvell, Bonnie B. Potter, Michael L. Kline, Barbara G. Anderson, Thomas J. Allred, Daniel A. Yurth, Robin M. Lake, Michael J. Little. Second Row: William R. Mackie, II (DC), Richard G. Smith, Larry A. Eninger, Roger W. Sheffield, Raymond L. Brown, William F. Graney, Willum T. Meshier, Robert R. Jarrett. Third Row: Charles T. (Ted) Mettetal, Matthew U. Glover, Randall N. (Nick) Pratt, Donald C. Patterson, Douglas P. Hein, Glenn A. Harrison (DC). Back Row: Jack L. Ritter, Robert W. Halterman, Patrick J. Colletti, David N. Remington (DC), Robin B. Dodd (DC), Thomas A. Netter, Michael J. Masters, Robert H. Jarman, Louie D. (Don) Freeman. Not Pictured: Robert J. Burnett, Thomas M. Schmidtkecht and Paul E. Blocher.

Sports Shorts

Scenes by the sidelines

by Ron Brown

Teams in close race

As the intramural slow-pitch softball teams went into League playoffs, Ophthalmology was sporting an unblemished record of 13 wins and no losses, followed closely by Radiology (10-1) and PT/OT (10-2).

With the League in its final week of play, PT/OT and Radiology, clashed on Wednesday, July 14. The score was 15 to 5, with PT/OT coming out on top.

This year, the top six teams will qualify for the playoffs which are scheduled to start the week of July 19. Any team winning first place in the NRMCO League will be permitted two losses in the playoffs; all other teams will be allowed one loss before being eliminated.

Twelfth Naval District sailing championship fleet race, to be held August 6-7 at the Vallejo Yacht Club.

Continuous pocket billiards championships, August 13-14 at Naval Air Station, Lemoore.

RECREATIONAL TRAVEL trailering is popular with the military. Proper equipment means hydraulic or electric trailer brakes if the trailer's loaded weight is over 3,000 pounds. Experienced trailer haulers check the tightness of their trailer hitch and safety chain every time they stop for gasoline.



Story about David

A young boy was observed making a bridge (Golden Gate, no doubt) for his airplane to fly under.

Forty-five minutes later, the youth was still contentedly entertaining himself, working seriously toward producing a stop light.

"What is your name?"

"David."

"David who?"

"David."

"Is David David your name?"

"No, just David."

At that point Mrs. Martinez appeared to claim her David Martinez.

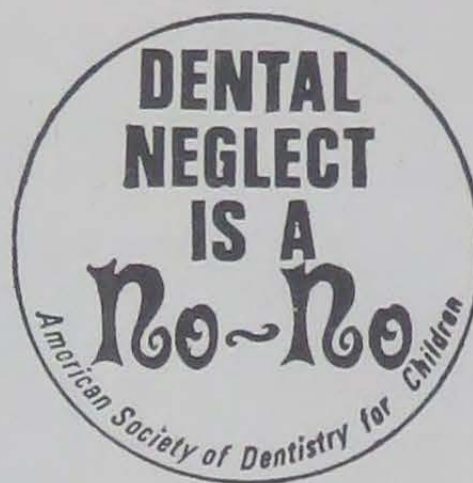
Horseshoe championships, August 28, at Naval Support Activity, Mare Island.

Contact Ron Brown, ext. 2350, for further information.

Sports schedule

Standings as of game through July 13 are:

TEAMS	WINS	LOSSES
Ophthalmology	13	0
Radiology	10	1
PT/OT	10	2
Gen. Surgery	8	2
Lo West	9	3
PT/OT School	6	6
P.O.G.	5	6
Ortho	4	6
OR	3	9
Lab	5	5
C.P.O.	3	10
ENT	2	9
Medical Repair	0	10
Dental	0	11



THERE IS A DOUBLE DISCOUNT FOR ALL MEMBERS OF THE ARMED FORCES AT UNIVERSAL CITY, CA., DURING ARMED FORCES DAYS, September 25 through October 3. Check with Special Services for your studio tour mail order forms. Ext. 2479.

Education is ongoing at this facility

Did you receive the word that students are signing up for French, Spanish and speed reading. This is not limited to the military personnel. For information call ext. 2237.

Movie Schedule

Monday, July 19

CALIFORNIA SPLIT — Elliott Gould, George Segal — Comedy Drama (R)

Tuesday, July 20

ROBIN AND MARION — Sean Connery, Audrey Hepburn — Adventure Drama (PG)

Wednesday, July 21

W.C. FIELDS AND ME — Rod Steiger, Valerie Perrine — Biographical Drama (PG)

Thursday, July 22

DR. BLACK AND MR. HYDE — Bernie Casey, Rosalind Cash — Suspense Drama (R)

Friday, July 23

CHALLENGE TO WHITE FANG — Franco Nero, Riamund Harmstorf — Adventure Drama (PG)

Saturday, July 24

WALKING TALL — Joe Don Baker, Elizabeth Hartman — Action Drama (R)

Sunday, July 25

LIVE AND LET DIE — Roger Moore, Yaphet Kotto — Action Drama (PG)

Monday, July 26

THE GREAT WALDO PEPPER — Robert Redford, Bo Svenson — Drama (PG)

Tuesday, July 27

TRACKDOWN — Jim Mitchum, Karen Lamm — Action Drama (R)

Wednesday, July 28

HOT POTATO — Jim Kelly, George Memoli — Action Comedy (PG)

Thursday, July 29

MAN FRIDAY — Peter O'Toole, Richard Roundtree — Adventure Drama (PG)

Friday, July 30

THE PREMONITION — Jeff Carey, Richard Lynch — Suspense Drama (PG)

Saturday, July 31

SHANKS — Marcel Marceau, Tsilla Chelton — Horror-Comedy Drama (PG)



Introducing our new JAG

It is quite likely that business will pick up in the Legal Service when it is realized that our new legal officer is single and hovering under age 30.

Lieutenant Randall King Brooks reported aboard on June 3, replacing Lieutenant Philip H. Robinson. He was born in Honolulu, Hawaii; reported from NAS Norfolk. He received his BA from the University of Virginia and his Juris Doctor from Tulane University School of Law.

"Welcome aboard, Lieutenant Brooks. May you enjoy the Bay Area!"

Congratulations, 100 Percenters for Navy Relief Drive

The services reporting 100 per cent participation for voluntary contributions to the Navy Relief Society are the following: Administration, Pediatrics, Personnel, Main Operating Room, 8th and 9th Decks' Nursing Service, Supply, Surgery, Laboratory, Dermatology and Public Works.

A Navy super "Well done!"

The OAK LEAF



Vol. 38, No. 16
Friday, July 30, 1976

NAVAL REGIONAL MEDICAL CENTER, OAKLAND

Women's coordinator speaks

Women: the majority minority, but nevertheless, "We are Women."

Ms. L.J. Jackson, the first full-time Federal Women's Program Coordinator for the Medical Department, urged women, to whom she spoke on July 15, to "Get involved." She opened the meeting with a discussion on pro-sexist behavior. "Define it?" she challenged.

She congratulated the few men in the audience, including Captain David Q. Wilson, acting Director of Clinical Ser-

vices, on their attendance. She indicated that more male involvement would make for better communication.

Ms. Jackson reviewed the history, dating from 1800, of the program's slow rise. It was not until 1967 that the Federal Women's Program was established; agency awareness and action programs to enhance opportunities did not really start in earnest until about 1971.



DO-IT-YOURSELF MOVERS TO PROFIT

WASHINGTON, June 18, (AFPS) — New DoD procedures that became effective June 1 incorporate a monetary incentive of 75 percent of the government cost to move a member by commercial carrier.

The following examples illustrate how the incentive payments are computed:

Assume an E-7 moves 6500 pounds of personal property in a 16 foot truck a distance of 860 miles.

Estimated cost of move by commercial carrier	\$1100
75 percent monetary incentive limit	825
Cost of move under DITY moving program	600
Members' incentive payment	225
Savings to Department of Defense	\$ 275

Assume an E-5 moves 1,000 pounds of personal property in a 4 x 6 trailer a distance of 400 miles.

Estimated cost of move by commercial carrier	\$210
75 percent monetary incentive limit	158
Cost of move under DITY moving program	90
Member's incentive payment	68
Savings to Department of Defense	\$ 52

How-To-Do-It

Generally, here's how the Service member goes about making a so-called Do-It-Yourself (DITY) move. Before making any move he first reports to his local Transportation Officer to be counseled on his entitlements and responsibilities.

If the member opts for the DITY move, he presents his inventory of personal property to the Transportation Officer who will assist him in selecting the proper equipment to make his move.

The rental equipment contractor will furnish the proper equipment and operating funds (for gas, oil, tolls and weight tickets) and bill the Department of Defense. In addition, the member may be furnished packing and crating materials.

Profit Motive

All Services offer the DITY program to give personnel more options, but it was felt that one provision needed to make the DITY move program more attractive to Service personnel was a monetary incentive to compensate members opting into the program for their labor and still generate a savings to the Department of Defense.

Interns
and
residents
pictured on
pages 2
and 3
this
issue.



Personnel officer a forceful administrator

Lieutenant Commander I. D. Howard, MSC, USN, this month received nomination to the American College of Hospital Administrators. The college is a professional society, pledged to strengthen the practice of health care administration.

The nomination would indicate that members of the College recognize that Commander Howard fulfills well defined standards of academic preparation, personal character and professional competence. Admission to the ACHA is granted only after a rigorous examination of credentials of a candidate.

As we go to press, word has been received of Commander Howard's nomination also to the American Academy of Medical Administrators.

THE SHORT SHEET

Exchange rules eased for Navy reservists

Naval reservists no longer have to get letters of authorization from their commanding officers to shop in exchange facilities. They get one day of shopping privileges for each drill they attend. They now show only their leave and earning statements and ID cards.

Worldwide search for Alaskan natives

Benefits under terms of the Alaska Native Claims Settlement Act of 1971 will entitle some 5,000 to 10,000 persons to share in a Congressional award of \$962.5 million and more than 40 million acres of land. If the claimants can be found! The Federal government is now re-opening enrollment in order to make certain that all who are eligible have an opportunity to file their applications. Information may be obtained from the Bureau of Indian Affairs, Pouch 7-1971, Anchorage, Alaska 95501.

1976-1977 INTERNS AND DENTAL RESIDENTS



M.M. Bliziotis
Medicine
Univ. of Florida



C.R. Bryan
Psychiatry
Medical College of Virginia



B.L. Cherkala
Flexible
Case Western Reserve



J.M. Coffey
Flexible
Wayne State



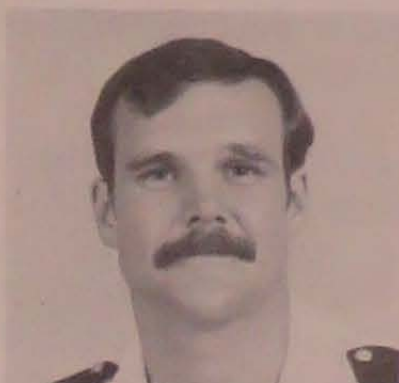
D.E. Conwill
Flexible
Univ. of Mississippi



M.S. Davis
Surgery
Hahnemann Medical College



A. Dumont, III
Psychiatry
Univ. of Mississippi



D.R. Field
OB/GYN
Baylor College of Medicine



C.G. Gray
Flexible
Univ. of Miami



J.A. Hanser
OB/GYN
Univ. of Missouri-Columbia



T.J. Harries
Flexible
Indiana Univ.



C.J. Harris
Flexible
Univ. of New Mexico



B.L. Hilaman
OB/GYN
Jefferson Medical College



K.P. Hogan
Flexible
Univ. of Iowa



J.H. Hooper
Medicine
Univ. of Alabama



S.R. Jensen
Flexible
Univ. of Wisconsin



J.P. Jones
Pathology
St. Louis Univ.



B.J. Kennedy
Medicine
Texas College of
Osteopathic Medicine



J.M. Krafcik
Flexible
St. Louis Univ.



R.M. Lake
Medicine
Baylor College of Medicine



G.D. McCamley
Psychiatry
Univ. of Nebraska



W.A. Mostek
Surgery
Univ. of Miami



T.E. Myers
Flexible
West Virginia Univ.



J.M. Roberts
Flexible
Medical College of Georgia



L.P. Rodgers
Pediatrics
Tulane Univ.



J.T. Rorick, Jr.
Pediatrics
Univ. of Oregon



J.A. Schvaneveldt
Flexible
Univ. of Oregon



W.O. Shaffer
Orthopedics
Univ. of Michigan



S.P. Somerville
Pathology
Univ. of Texas Southwestern



J.C. Starling
Flexible
Univ. of Maryland



R.E. Taylor
Flexible
Univ. of Alabama



C.S. Warden
Surgery
Univ. of Nebraska



S.L. Werner
Flexible
Univ. of Miami

NAVAL REGIONAL MEDICAL CENTER, OAKLAND, CALIFORNIA

RADM Henry A. Sparks, MC, USN,
Commanding Officer
CAPT Victor M. Holm, MC, USN
Director of Clinical Services

CDR Hubert H. Sowers, MSC, USN, Director of Administrative Services

LTJG Gene Hart, MSC, USN, Public Affairs Officer and THE OAK LEAF Advisor

Editor: Jo Spivey

Photography: HM1 Steven L. Spring, HM2 T. J. Town, Jo Spivey, HN D. Manley

THE OAK LEAF is a semimonthly publication produced commercially with appropriated funds in compliance with NAVEXOS P-35, Rev. Jan. 1974. Opinions contained herein are not official expressions of the Department of the Navy.

THE OAK LEAF receives American Forces Press Service and NAV NEWS material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Regional Medical Center, Oakland, Ca. 94627

DENTAL GENERAL PRACTICE RESIDENTS



W.E. Altman
Emory Univ.



M.W. Biolo
Marquette Univ.



C.A. Mason
Creighton Univ.



R.L. Rogers
Univ. of Florida



R.R. Sommer
Univ. of Oregon

**Give
till it
helps.**

The American
Red Cross
The Good
Neighbor

Who's been doing what . . .

Reenlistments

HMC Curtis A. Crocker, Jr., Education and Training
HM1 Sandra F. Steele, Laboratory School
HM2 Leland H. Grim, PMT School
HN Abraham L. Dizon, Pharmacy

Navy

Good Conduct Awards

HM2 R. McAdam, Radiology Service
HM3 F. Day, Cardiology Service
DT3 J. Hollandsworth, Dental Service

Promotions

To Commander:
David B. Karp, Radiology Service

To Lieutenant Commander:
Robert S. Brisbois, OB & GYN Service
George E. Gonard, MSC, Mare Island
Harold L. Kennedy, Internal Medicine Service
William G. Littman, Moffett Field Clinic
Jerry A. Newton, Urology Service
John E. Nimlos, NAS Alameda Clinic
Benjamin C. Orejudos, Radiology Service
Robert H. Thompson, Otorhinolaryngology Service
Wallace A. Rolniak, Internal Medicine
Alexander R. Rodriguez, Psychiatry Service

To Lieutenant Junior Grade:
Alinda J. Befort, Nursing Service
Ruth K. Hosokawa, Nursing Service
Ronald A. Nelson, Nursing Service

Six Petolettis made a family affair out of the sauna the other evening. A young daughter sat down and said, "Now, what are we supposed to do, Daddy?" After that all-male picture in THE OAK LEAF, you probably didn't realize that the sauna is Coed!

It's never too late to say, "Congratulations," and they go to Marie Fuller, Laboratory Service, who received her Bachelor Degree in Sociology in June from Cal State Hayward.

The four detailers from BUPERS who were aboard at the close of the fiscal year were kept busy while here. They interviewed 140 hospital corpsmen and dental technicians. Were you one who went away happy with a choice assignment to Paradise Isles?

Emma Kenny King came into THE OAK LEAF office last week to pick up a newspaper and gain a bit of news on Center personalities. Way back she worked in Admissions, and, in fact, says she admitted the first patient to this hospital, one coming from Treasure Island. Mrs. King is now living in Tempe, Ariz.



MM1 (SS/DV) DANIEL CRONISTER, engraves an identifying number on several pieces of personal property for a staff member. You, too, may check out the tool through Security. (Few people are aware that MM1 Cronister is a submarine qualified diver. A second on base is HMCS Robert Sell.)

Staff Babies

BORN AT... Naval Regional Medical Center, Oakland,
on June 14, 1976, Anna Marie Renfro-Wilson, 7 pound 5 ounce daughter of LT Mary A. Renfro and CAPT David O. Wilson... June 17, Megan Elizabeth Brown, 7 pound 5 ounce daughter of Aloise Clarine and LCDR L. E. Brown... on June 24, Tamara Elizabeth Hardy, 8 pound 9 ounce daughter of Paula F. and HM1 James T. Hardy... on July 6, Jason Lee Finch, 8 pound 3 ounce son of Vickie Ann and ENS James V. Finch... on July 7, Craig Leon Anderson, 8 pound 10 ounce son of Laura Kay and HM2 Craig D. Anderson... on July 8, Otaviano Peres Fontes, Jr., 8 pound, 1 ounce son of Sandra Joyce and HM2 Otaviano P. Fontes... on July 9, Jason Christopher Weland, 9 pound 9 ounce son of Elaine and HM3 Kip T. Weland.

Keep in mind, there will be a "Women's Week" in August of interest to both men and women and both civilian and military personnel.

Officer Hail and Farewell — July

Arrivals

CDR Dale W. Oller
CDR Caroline E. Sherer
LCDR Cory Aden-Wansbury
LCDR Francis M. Bonner
LCDR Francis X. Bride
LCDR Robert S. Brisbois
LCDR Terry L. Carlberg
LCDR Larry R. Demas
LCDR Walter P. Dembitsky
LCDR Joseph F. Haggerty
LCDR Michael T. Hanst
LCDR George H. Heye
LCDR James D. Hill, Jr.
LCDR Richard K. Imes
LCDR Charles H. McLeskey
LCDR Thomas C. McLure, III
LCDR Sergei F. Pron, MSC
LCDR John A. Schafer
LCDR Janet Scott
LCDR Thomas Vargish
LCDR Douglas W. Wallace
LT Harry K. Day, Jr.
LT Kathleen S. Dougherty, MSC
LT John R. Draheim
LT Donald R. Johnson
LT Roderick S. Kent
LT Phillip E. Schoenwetter
LT Linda J. Sidwell
LT Ronald R. Sommer
LT Robert E. Walker
LTJG Sandra K. Hartman, MSC
LTJG Paul E. Williams, MSC

Departures

CAPT Ira J. Woodstein
CAPT Kenneth E. Brown
CDR Sylvain A. Borel
CDR Larry H. Culp
CDR Emery J. Hatch, MSC
CDR Charles D. Lee
CDR Sandro R. Sandri
LCDR Bowen Asserson
LCDR Fred E. Burson
LCDR Howard H. Fenn
LCDR Richard L. Fraioli
LCDR Harry P. Hoffmann
LCDR Robert E. Ingham
LCDR William K. Murray
LCDR Leroy M. Nill
LCDR Seymour O. Solodar
LCDR Charles R. Stasney
LCDR Paul H. Toomer
LCDR Kenneth F. Wagner
LT James A. Blanks, MSC
LT Stan P. Cowley, Jr.
LT Robin B. Dodd
LT Richard D. Gayton, MSC
LT Susan L. Gerhard, MSC
LT Glenn A. Harrison
LT William A. Joseph, MSC
LT Ann M. Kunkel
LT William R. Mackie, II
LT Karol S. Mason
LT James H. Rees
LT David N. Remington
LTJG Robert A. Jones
LTJG Christine A. Narbut
LTJG Deborah L. Weber

To

Surgery Service
Nursing Service
Otolaryngology Service
Otolaryngology Service
Internal Medicine
OB & GYN Service
Dental Service
Otolaryngology Service
Surgery Service
Orthopedic Service
Dental Service
Pediatric Service
Internal Medicine, Cardiology
Ophthalmology Service
Anesthesiology Service
Otolaryngology Service
Comptroller's Service
Internal Medicine, Neurology
Nursing Service
Surgery Service
Radiology Service
Internal Medicine
Food Service
Branch Clinic, Alameda
Pediatric Service
Ophthalmology Service
Nuclear Medicine
Branch Clinic, Moffett Field
Dental Service
Branch Clinic, Fallon
Food Service
Branch Clinic Moffett Field

To

NRMC, Guam
NRMC, Camp Pendleton
NRMC, Camp Pendleton
RAD, California
Guam
NRMC, Long Beach
NRMC, Orlando
NRMC, Charleston
NRMC, Camp Pendleton
3rd MAR DIV, Okinawa
RAD, California
Point Mugu
RAD, California
NRMC, Long Beach
NH, Whidbey Island
MCB, Okinawa
RAD, Texas
NH, Port Hueneme
Univ. Washington
Va. Polytech Inst.
MCB, Gulfport
NRMC, Yokosuka
NRMC, Long Beach
NRMC, Guam
USS Ranger
NRDC, Treasure Island
NRMC, San Diego
NRMC, San Diego
RAD, New Mexico
NSA, Mare Island
USS Coral Sea
Indianapolis (Recruiting)
NRMC, San Diego
NRMC, New London

SPORTS

Tennis

Congratulations to M. Borowsky of Lab, Rick Croto of OB/GYN and Ken Roberts of Special Services. All have qualified for West Coast Regional Tennis Championships to be held at NAVSTA San Diego, Aug. 2 to 6, 1976.

Borowsky goes as the 12ND Men's Senior Champion and Ken Roberts as the 1976 Men's Open Champion. This is a repeat for Ken. He was the 1975 12ND open champ.

Slow-pitch softball

Congrats also to the Ophthalmology intramural slow-pitch team as they went undefeated for 1976 (15-0). Radiology came in second (12-3).

Note! Did you know that NRMCO had a girls' slow-pitch team entered in the 12ND women's slow-pitch tournament held here two weeks ago, and that our team came in second behind NAS Alameda. There is rumor going around that our girls have been invited to participate in a national championship to be held in Pennsylvania on Labor Day weekend.

Our men's varsity slow-pitch team won the "B" championship in 12ND competition for 1976. They also took third in the 12ND tournament out of 16 teams entered. Not bad, fellas!

Rick Evans, Ophthalmology, and Allen Alexander, of NP, were selected by the U.S. Coast Guard Base Alameda (1976 12ND slow

pitch champs) to play on their team in the West Coast Regionals at NAVSTA San Diego, August 2 to 6.

The NRMCO is running neck and neck with NAD Hawthorne in quest of the 1976 Commandant's trophy. We won it last year and are trying for a repeat.

WANTED

Continuous pocket billiard players for 12ND championships to be held at NAS Lemoore August 13 and 14.

Skeet and trap shooters for 12ND competition August 18 and 20 at NAS Lemoore.

Our 1976 intramural flag football begins September 6. Start forming your teams.

Call ext. 2350/2479 for information.



ACTION PLAY at women's 12ND slow-pitch tournament. Final score NRMCO 7, NAS Alameda 6.

Statistically yours,

A review of Command History is affording a flow of information that might be of interest to readers. Who claims there is a serious decrease in the birth rate? Not so at this Center.

Births at this hospital for 1972 numbered 1,134; for 1973, 970; for 1974, 1,232; and for 1975, 1,009. However, on June 24, 1976, this Medical Center hit a first for the daily. There were 10 births on that day, the largest of any one day in history.

Our bicentennial baby born here at 5:08 a.m. on July 4, 1976, is Krista Cherri Souza, daughter of Deborah Ann and UT3 John Janero Souza. Krista weighed in at 7 pounds 5 ounces. John is a Seabee who has been helping to remodel the Enlisted Mess.

At another hospital, one of our employees, Maria Mitchell, who works in Word Processing, also delivered a Fourth of July bundle. He was named Stefan Emmanuel, and weighed 7 pounds 6 ounces.

Still historically speaking on OB& GYN items, in 1974 Captain Norman K. Takaki became the first Fellow in the establishment of the Reproductive Endocrine Fellowship in that department. That service offers the only such fellowship offered in the Armed Forces training program.



THE FIRE CHIEF, Al Constantine, has retired. Long live the fire chief!

Registrations taken for swim classes

Many a sailor has joined the Navy possessing a deep fear of water. However, at NRMCO, today's babes-in-arms are not taking to water like "their daddies use to do," but much Better-Than.

Instructor Jeff Manguiat, on July 26, started a new class for very little ones. Instruction also goes to the parent, who gets in the water and helps inspire confidence and lack of fear. The young one must be at least 3 months old to start lessons. In the first session of lessons the youngest swimmer was 13 months old. He learned the flutter kick, how to swim 3 to 6 feet, and how to swim under water.

Jeff, who comes to Medical Center with very fine teaching credentials, will be starting another series of lessons on August 2. His students are not all babies.

If you wish to get in a class, it is not too early to sign up through Special Services, ext. 2479. Ten lessons for \$5, whatever the age.



GET IN THE SWIM! Whether 3 months young or 93 years old, you, too, might enjoy lessons.

THE OAK LEAF

Vol. 38, No. 17

Naval Regional Medical Center, Oakland

Friday, August 13, 1976



Bonham

Anderson

Two get out to get in, as PAs

On August 4, two warrant officers received their official discharge papers from enlisted status.

They then stepped across the room in the Commanding Officer's office and received their appointments as physician assistants, the first two to be commissioned at this Command.

The ceremony was a climax for Andrew E. Anderson and Arthur J. Bonham of 52 weeks of intensive classroom training and 50 weeks of practical training. Families and a large gathering of friends crowded into the CO's office to wish the two success as they leave this facility.

Warrant Officers Bonham and Anderson will be serving at the Branch Clinics at Moffett Field and Alameda. Six other physician assistant trainees are now undergoing the practical training at this Command.

Lemoore Hospital accredited by Joint Commission

The Naval Hospital, Lemoore, has been accredited by the Joint Commission on Accreditation of Hospitals (JCAH).

This accreditation, which covers from April, 1976 to April, 1978, is the result of an on-site survey made by field representatives of the Joint Commission's Hospital Accreditation Program (HAP). Accreditation indicates that this facility has chosen to operate according to standards set by JCAH and that the facility has, in the main, met these standards.

It is not legally necessary for a hospital to be accredited, but health care facilities have sought accreditation because it represents a benchmark of quality that is higher than governmental licensure alone.

New policy guidance affects in-patient care under CHAMPUS

Some new guidance concerning non-availability statements is so far reaching that it is advisable to seek advice from your CHAMPUS counselor, as space is too limited to afford satisfactory review.

July's Sailor of the Month



Work came to a halt in the Military Personnel Office. The crew had been called together and they awaited expectantly. Their administrative officer stepped from his office: "I just want to announce that HM3 Diana Morrison has been named Sailor of the Month for July. That's it!"

Whereupon, 24-year-old Diana was as surprised as anyone.

She comes from a small town in Oregon, near Medford; has been in the Navy for 2 years; lives in Hayward; is single; likes to bowl, and has around a 170 average; plays the piano; devoted 1 year of her life to Nursing School, but when she leaves the Navy she is thinking in terms of a career in horticulture.

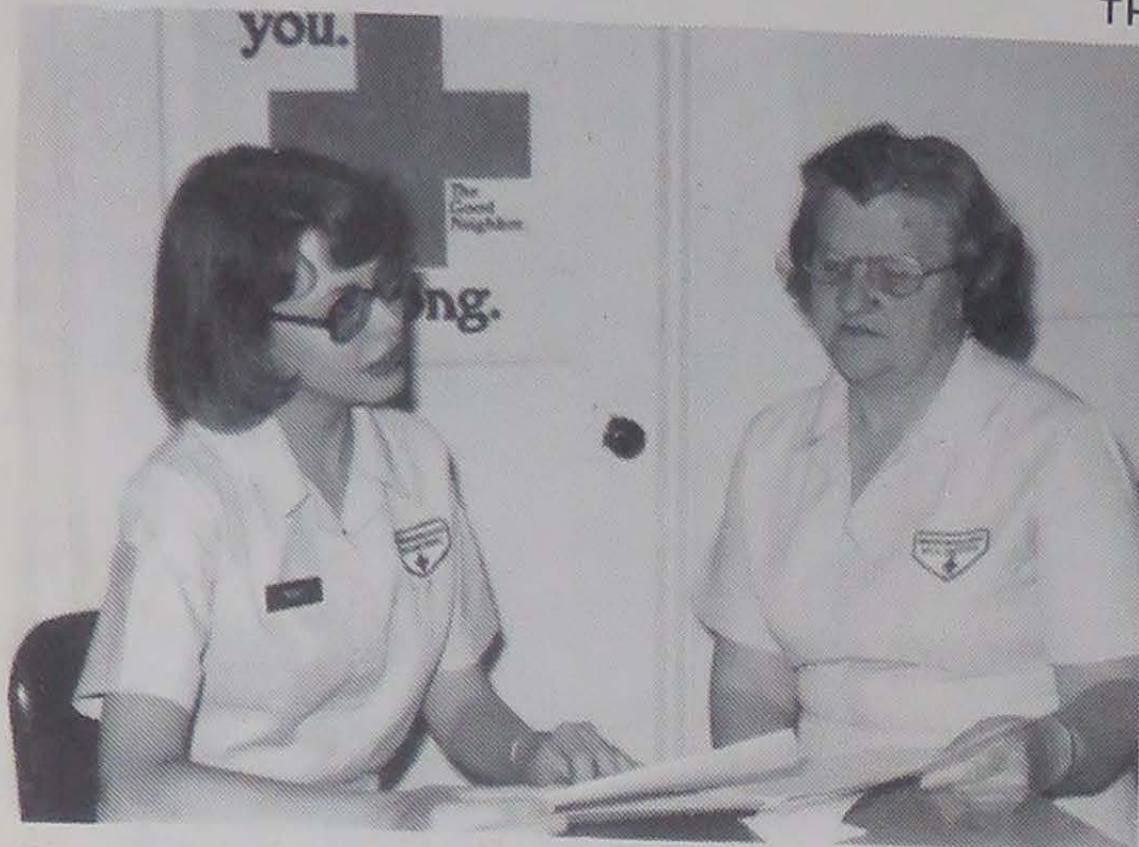
So there you have a girl who also performs so well in her work that she has received the traditional Navy, "Well done!"



IT IS NOT AN INFREQUENT OCCASION for Medivac to go into operation to bring a critical patient from Lemoore Hospital or one of our branch clinics for



health care. This helicopter arrived on its mercy flight on July 27, and touched down on the ballfield where a hospital crew was in readiness.



The duties of heading Red Cross volunteers at NRMCC are detailed to Mrs. Ann Mount, left, new Chairman of Volunteers, by Mrs. Lois Trumbull who is leaving this post after several years as Chairman.

Red Cross Chairman of volunteers named

by Bill Hattwick

Mrs. Ann Mount has been named Red Cross Chairman of Volunteers at NRMCC Oakland, assuming the duties formerly held by Mrs. Lois Trumbull.

As chairman, Mrs. Mount will coordinate the activities of some 70 Red Cross volunteers who devote time each week serving the patients and assisting hospital personnel.

Her duties include interviewing and assigning new volunteers, scheduling volunteers and coordinating their work with that of the Red Cross paid staff members.

Mrs. Mount has been active in the Center's volunteer program, since June 1974, working with the Red Cross recreation program, primarily in teaching arts and crafts to patients. Her husband, LTJG Charles Mount, is Charge Nurse in the Center's 9th floor coronary care unit.

Mrs. Trumbull has been a Red Cross volunteer at the Center for several years, joining the group in February 1973 as a clinic volunteer. She became Chairman of Volunteers several months later. She resigned the chairmanship in order to devote more time to personal activities but plans to continue her Red Cross work both here at the Center and at the Oakland Chapter.

NAVAL REGIONAL MEDICAL CENTER, OAKLAND, CALIFORNIA

RADM Henry A. Sparks, MC, USN, Commanding Officer

CAPT Victor M. Holm, MC, USN, Director of Clinical Services

CDR Hubert H. Sowers, MSC, USN, Director of Administrative Services

LTJG Gene Hart, MSC, USN, Public Affairs Officer and THE OAK LEAF Advisor

Editor: Jo Spivey

Photography: HM1 Steven L. Spring, HM2 T.J. Town, Jo Spivey, HN D. Manley, HN W. H. Hawkes

THE OAK LEAF is a semimonthly publication produced commercially with appropriated funds in compliance with NAVEXOS P-35, Rev. Jan. 1974. Opinions contained herein are not official expressions of the Department of the Navy.

THE OAK LEAF receives American Forces Press Service and NAVY NEWS material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Regional Medical Center, Oakland, CA. 94627.

Statistically

ours,

Let's take a look at Patient Affairs, statistically speaking. In 1972 14,097 patients were admitted, versus 12,526 in 1975. The patients transferred to Veterans Administration Hospitals or other government facilities equaled 551 both years.

Deaths remained relatively steady for the 4-year period. The average, about 174 processed annually; about 1,110 birth certificates, issued annually; and an average of 125 sub-

poenas processed annually over the period.

Insurance claims processed for the 4 years increased annually: 1972, 348; 1973, 604; 1974, 861; 1975, 894. But remember, regionalization took place in 1973.

There was a marked change in the requests made for medical information. In 1972, 466 requests were processed; 1,218 in 1973; 2,416, 1974; 2,214, 1975.

the Chaplain's Corner



NOT INTIMIDATED BY VASTNESS

During a pause in conversation, someone asked, "How does one get that inner steadiness needed so that a man can have some kind of peace and be able to face this business of life?"

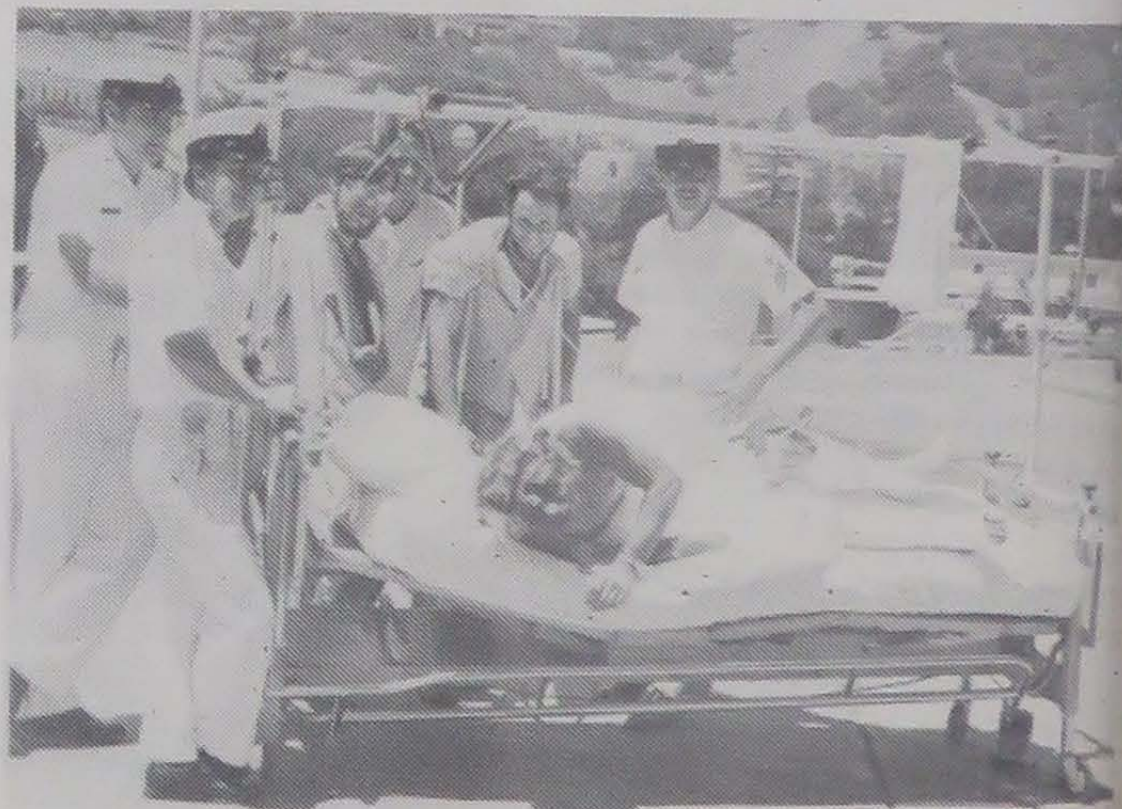
"Now first you must do this and stop that," went the reply. "Dancing and amusement are out. Set those dark spots in your life straight. And don't forget to stop smoking."

That is known as breezy religiosity.

The troubled individuals I have known are not in need of an order to report for disapproval. Nor will they wait around very long to be quizzed on the sufficiency and correctness of their dogmatic beliefs. Most of them have learned by now that one's inner confidence is not maintained by the special talent for reciting difficult dogmas, nor clear skies gained by reciting long articles of faith. People with botched-up, and peaceless lives will eventually learn, too, that most secular minds are bankrupt and void of the hearty steadfastness needed in this day's fast moving torrent of change.

I will not pretend to speak for any other nor insist on a fixed formula for everyone to use in obtaining "that inner steadiness" needed to face the business of life with cheerfulness and confidence. I know very well what has helped me in my darkness and I will share that simply.

I believe in the grace, greatness and goodness of God. When my human situation has appeared utterly desperate, God has intervened and saved me from the darkness of disillusionment. When I have been bad, giving in to my most tyrannical and mysterious bias toward evil, God has never been so disappointed in me that he abandoned me. Since that has been my experience, I am not intimidated by the vastness of anything. Should I ever lose my belief in the graciousness of God I would be hopelessly doomed in this life and every dawn would be darkness.



WHOA THERE! Michael Bloom and his ward buddies, William Blackman, Mike Pompa and Tom Bell went a-sunning on the hospital lawn. On the return trip a wheel came off, and an SOS went out for more corpsmen to come to the aid of the crippled bed.

A helpful disability separation counseling program was established in 1973; in 1975, a retrospective patient care audit program monitored the quality of patient care, and 26 audits were completed. Also, in 1975 a clinical chart control program to identify discharging physicians was established.

Thus, one may begin to comprehend the amount of work performed by Patient Affairs, i.e., statistically speaking.

WOMEN'S WEEK - AUGUST 23 to 27 - Plan to attend - Of interest to men and women!

Survivor's Assistance fund assessment due

On the recent death of a member of the Survivor's Assistance Fund, disbursement has been made in the amount of \$545.80, leaving a like sum in the fund.

The by-laws read: "Upon the death of any member in good standing, each member will be assessed the sum of \$2. Assessments may be paid to the Secretary-Treasurer or to authorized collectors appointed by him. Notification of death will be published in the station periodical THE OAK LEAF, and will be posted in the vicinity of each time clock on the hospital compound. Assessments are due on the pay day following announcement of the death in THE OAK LEAF. Any employee who fails to pay his assessment by that date which will be specified in THE OAK LEAF, shall no longer be a member in good standing until he pays any delinquent assessments and re-applies for membership making the initial contribution of \$4.00."

On Aug. 20, 1976, Nathaniel Brown will be accepting payments to the Survivors Benefit Fund in the Housekeeping Offices, basement, bldg. 500, from 8 a.m. to 10 a.m. Jo Spivey will be accepting assessments in the office of Public Affairs, 3rd floor, bldg. 500, from 11 a.m. to 1 p.m.

New memberships are available for civil service personnel for the membership fee of \$4.

"The purpose of this organization is to provide prompt financial help to the beneficiary of deceased members who are fellow-employees. The organization is not intended or expected to be a sound insurance investment, rather, it is intended to serve as an orderly and effective means for extending a helping hand to the loved ones of our stricken fellow-employees."

We urge every member to please review address and beneficiary designations at the time of paying an assessment.

New members are welcomed.



A GROUP OF SOME 20 RED CROSS CHAPTER volunteers who have participated, some for 35 years, in the

organization's surgical dressing program were honored at an informal luncheon by CSR on July 21.

Surgical dressing volunteers honored

by Bill Hattwick

Some 20 long-time Red Cross volunteers, collectively representing thousands of days in preparing surgical dressings for the Armed Forces, were honored July 21 at an informal luncheon held in the hospital's Central Sterilizing Room (CSR).

It was an appropriate setting as many of the volunteers' hand-made products were utilized by this department.

The purpose of the luncheon was to thank the volunteers for their years of service upon termination of a program which was in operation for approximately 35 years. Over the years, volunteers at the Oakland, Alameda and Berkeley Chapters made a vast quantity of various types of dressings needed by our Naval Hospital.

Modern methods for preparing and packaging dressings have eliminated the need for hand preparation work performed by workers, such as these volunteers.

The volunteers, representing members from the Oakland and Alameda Chapters, were commended for their years of service by Captain R. C. Drips, the Center's Acting Commanding Officer and Captain A. R. Petoletti, Chief of Pharmacy Services.

Particular honor was paid to three volunteers, each of whom has devoted 35 years to the Red Cross volunteer work, primarily in the surgical dressing program. The three, Mrs. Georgia Statler, Mrs. Emma Stephens and Mrs. Toni Brown, are from the Oakland Chapter and began their volunteer work in preparing dressings during World War II.

Until the hand-made dressing program was discontinued last year, the volunteers prepared 4x4, 4x8 and abdominal pads. Materials and instructions were provided by CSR with the production of these items done by the volunteers at their respective Chapters.

SUSPICIOUS?



LEND US YOUR
EYES & EARS

(SECURITY: exts. 2401/3094)

The Medical Center's Security Branch is on constant patrol, but it needs your help in preventing crime. Are you guilty of leaving a purse in open view near your desk? Be aware of your surroundings, and save someone the grief of being a victim of crime. Report any suspicious actions to Security on base, or to your local Police Department.

Listed are some circumstances that may well indicate something is amiss:

- A stranger strolling the hallway.
- Appliances or bundles being taken from a neighbor's home by an unfamiliar person.
- Strange cars parked in the neighborhood or school area.
- Loitering in a parked car or in secluded areas.
- Persons peering into parked cars, or persons leaving one car and driving off in another.
- A vehicle parked with a motor running.
- A scream heard anywhere, or the sound of breaking glass or loud explosive noises.
- Offers of merchandise at ridiculously low prices.

It will not be lost effort if you report your suspicions. Crime may be prevented if an alert is signaled in time.

Glider pilots to reunite

On August 19, 20 and 21, World War II glider pilots will meet at the Hyatt Hotel, Union Square, San Francisco, for their national convention.

Should you know the whereabouts of any of the colorful original 5,000 who played such an important role in the success of Allied D-Day strategy, please contact Elmer Johnson (415) 234-7248 or Dick Kennedy (415) 223-3161.

On display during the convention will be the cockpit of a CG 4A GLIDER, and some interesting stories will be floating around at that get-together, some 32 years after the invasion of Normandy.

Officers' Wives' Club exec board members named

The Executive Board of the Officers' Wives' Club met August 4 to plan activities for the fall season. The year's programs are taking on a bit of serious approach. There are plans to have enlightened talks on such aspects as moving and wills. However, also included on the agenda will be a lesson in belly dancing; a graphologist will talk to the group; they will learn about plant parenthood; and the November bazaar is retained in the plans.

Board members for 1976-1977 are:

Honorary President

Betty Sparks

Honorary Vice-President

Vi Holm

President

Georgia Barsz

Vice President

Lindsay Huurman

Treasurer

Nell Allen

Corresponding Secretary

Betty Graham

Recording Secretary

Shirley McDaniel

Parliamentarian

Betty Harmon

Advisors

Pam Dudney, Tricia Briska, Kim McKean

Program Chairwomen

Linda Williams, Ginger Blevins

Fig Leaf Editor

Jane Meshier

Ways and Means Chairwomen

Laurie Gratiot, Dona Johnson

Reservations

Ann Coleman

Activities

Cheri Colletti

Publicity

Carol Rainey

Cookie Chairwoman

Betty Rolniak

JANGO Chairwoman

Betty Harmon

Exchange Representative

Brenda Hart

Intern Advisor

Jan Beckett

Financial Committee Advisor

Cheryl Coleman



Enlisted wives to reactivate club

When a girl marries into the Navy, her entire life style changes. Her life is likely to become transient, and her interests are vastly different from those of girlhood companions who remain in more established homes.

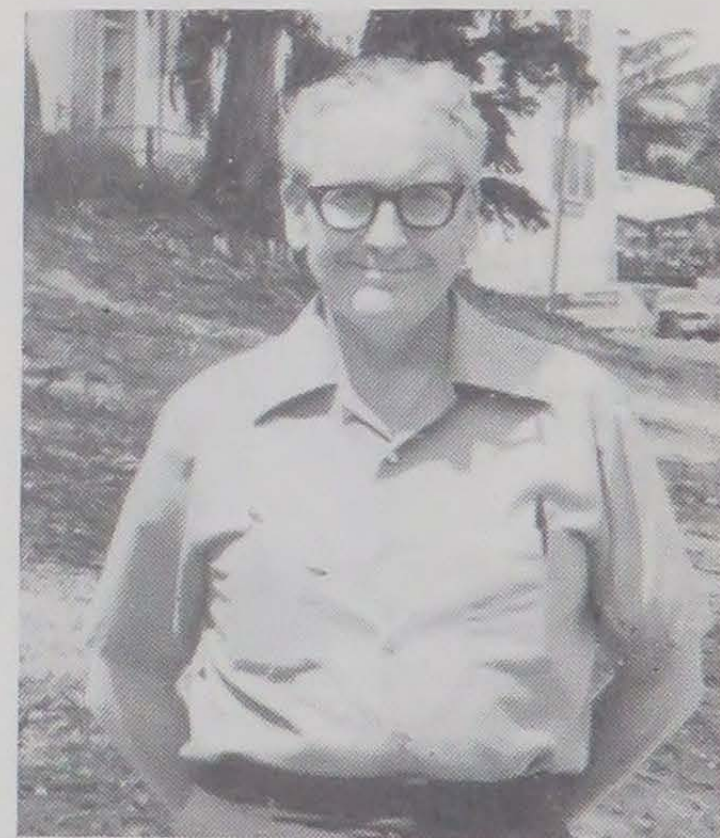
The nomadic life may be more fun and more interesting, but an instinctive desire to have some semblance of an integrated community remains. And that is where the 300 Navy Wives' Clubs of America play an important role. They afford an opportunity for Navy families on the move to have someone with whom to identify.

Oak Knoll's club was chartered as NWCA #160; however, it disbanded about 2 years ago. Reassessment now shows a need for a club to draw wives of enlisted personnel, living both on and off base, together.

A future organizational meeting is planned. Wives of enlisted personnel are urged to express interest in reactivation of the club by phoning one of the following: Becky Schalla at 964-6581; Betty Rinehart 635-9227 (before 3 p.m.); Brenda Town, 635-5693 (after 3 p.m.).

Get in on the planning of an exciting fall program!

OFFICERS' WIVES CLUB (R to L)
President, Georgia Barsz; Vice President, Lindsay Huurman; Treasurer, Nell Allen; Corresponding Secretary, Betty Graham; Recording Secretary, Shirley McDaniel.



HAVE YOU NOTICED "Lefty" cartoons of late? Lefty Burgess has 22 years of Army behind him and has had his work appear in Stars and Stripes; he recently has been sharing his skills with Medical Center. In World War II, Lefty was on the China, Burma, India front with General "Vinegar Joe" Stilwell.

Moffett holds Meritorious Mast

On Aug. 6, 1976, the NRMCC Branch Clinic, NAS, Moffett Field honored one of its most outstanding corpswomen, HN Kathy Ann Bairefoot during a Meritorious Mast ceremony.

During his presentation CDR Frank A. Teague, Officer in Charge of the Clinic, cited that "on several occasions when work pressures were relaxed, she aggressively sought to enhance her department's capabilities by completing

unfinished work. She also continuously explored new avenues of experience to further her own education."

HN Bairefoot has been working at the Clinic primarily in administration, since March 23, 1975. During that period of time she was runner-up to Sailor of the Month on one occasion.

She has received very high evaluations for a long time; the most recent marks were predominantly 4.0.



Bit of history passes through patient's lineage

"The Congress is met; the debate's begun,
And Liberty lags for the vote of one—
When into the hall, not a moment late,
Walks Caesar Rodney, the delegate."

— from Rodney's Ride

You may find a most interesting person by just sitting down by a stranger. And you might receive a bit of education of historical significance concerning the Declaration of Independence if you just listen.

Colonel Gordon Douglas Ingraham, USA (Ret), knows something of the inside story of that signing, albeit coming to him 4th or 5th hand. He is the great, great, great grandnephew of Caesar Rodney.

And who is Caesar Rodney?

Although the man was suffering from cancer, he rode 80 miles at night to be one of the delegates from Delaware to sign the Declaration of Independence, casting a very critical vote. He had left the Philadelphia convention on June 17 and gone back to Dover. In his absence, a resolution was passed that any acceptance of freedom from the rule of King George III would have to be by unanimous block vote. Therefore, a "Yes" vote from the delegate from Delaware took on added importance.

The pewter pitcher came to Colonel Ingraham from heirs of Caesar Rodney. The Colonel has recently passed the pitcher, thought to be designed by Paul Revere, on to yet another nephew in the male line of Caesar Rodney.

Communication in early days did not span oceans very rapidly. It is interesting that King George in his diary for July 4th wrote, "Nothing of special event happened today."

Little did he know the truth!

You are invited...

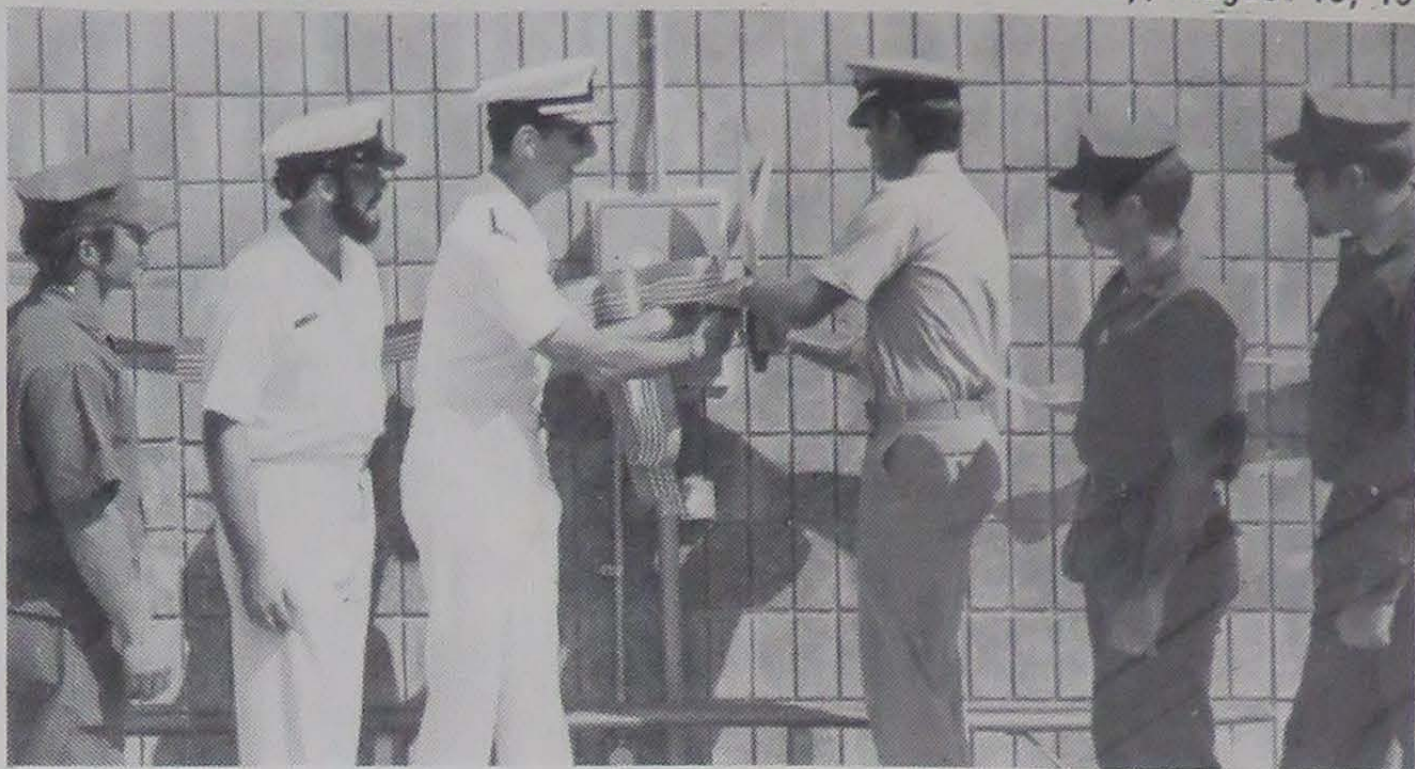
...to a presentation of the University of Northern Colorado concerning the San Francisco Bay Area Graduate Program. The presentation is set for 3:30 p.m. on August 20 at the Officers' Club. The study program leads to a Master of Arts in business, with specialization in health care administration.

A wine and cheese tasting will be a part of the hospitality featured.

T.I. Base holds craft fair August 21-22

The Navy will open Treasure Island to the public August 21 and 22 for a craft fair where area artisans will display and sell their handiwork. Hours are 10 a.m. to 6 p.m. Saturday and noon to 6 p.m. Sunday.

Navy band concerts will be presented on both days.



SQUASSSSSSSH! Ya' ready?

Handball, paddle ball, racquet ball, squash! Take a choice, pick one of the two courts, or if you plain don't want to, go around to the outside court and practice your tennis. Only if you want to.

On Aug. 4, 1976, just about one year after the start, the new building for the ball sports was dedicated with all the dignity of ribbon cutting

that announced to the world, "It's official."

The CBU-416 Alameda Seabees, along with help from Medical Center, were responsible for construction of the \$10,000 to \$12,000 project. Letters of Appreciation were presented to HM3s Daniel L. Foster and David W. Munson and a Commendation to BU2 Richard P. Debolt.

WANTED

Cross-country runners

Contact Ron Brown, ext. 2350, before August 20.

Bowlers wanted

Get ready to roll 'em on September 7. Bowlers are sought for an Officers' Mixed Bowling League, active duty only. "Mixed," remember, means for men and women, and a handicap will be granted for any man needing it. For women, too!

Call the bowling lanes for sign up: ext. 2120.

E & T needs surveyed

Education and Training desires to offer once again a course in remedial mathematics and English. It should be helpful in raising GCT/ARI scores.

Also, Education and Training personnel would like to know your interests for fall courses. Will it be English, history, psychology?

Call 2237/2238 and make your wishes known.

Patients attend Salinas rodeo

The Associated Veterans Council of Salinas, Ca., again this year hosted some 446 veterans. Ten patients from NRMCO were bussed to the area in time for lunch, served by courtesy of the local Elks club.

Then it was off to the rodeo, with the tickets being furnished by the California Rodeo Association. Before the return trip the Associated Veterans Council made certain the group did not return home hungry. They were served dinner, and after the dinner, many of the veterans returned to the hospital or veterans home with one of the 150 homemade cakes sent back to their buddies who failed to make the trip.

The Associated Veterans Council exists for the sole purpose of remembering our nation's service men and women. They aver that they "are already planning for next year."

MOVIE SCHEDULE

Friday, August 13

CRIME AND PASSION — Omar Sharif, Karen Black — Drama (R)

Saturday, August 14

THE MASTER TOUCH — Kirk Douglas, Florinda Bolkan — Suspense (PG)

Sunday, August 15

HAMMER — Fred Williamson, Vonetta McGee — Action Drama (R)

Monday, August 16

BIG BAD MAMA — Angie Dickinson, Tom Skerritt — Crime Drama (R)

Tuesday, August 17

GATOR — Burt Reynolds, Jack Weston — Action Drama (PG)

Wednesday, August 18

THE ZEBRA FORCE — Michael Lance, Richard Slattery — Action Drama (R)

Thursday, August 19

WHITE HORSES OF SUMMER — Renato Castie, Frederick Seafford — Drama (None)

Friday, August 20

COUNTDOWN AT KUSINI — Ruby Dee, Ossie Davis — Drama (PG)

Saturday, August 21

PLAY IT AGAIN SAM — Woody Allen, Diane Keaton — Comedy (PG)

Sunday, August 22

SATANIC — Magna Konopka, Julio Pena — Horror (None)

Monday, August 23

THE WIND AND THE LION — Sean Connery, Candice Bergen — Adventure Drama (PG)

Tuesday, August 24

FAMILY PLOT — Karen Black, Bruce Dern — Comedy Mystery (PG)

Wednesday, August 25

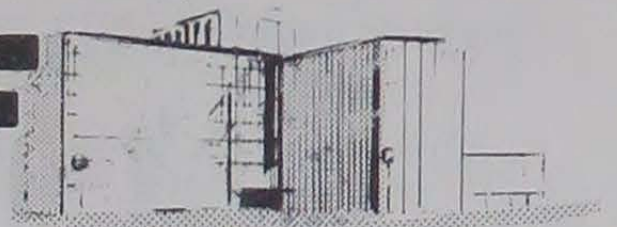
THE DUCHESS AND THE DIRT-WATER FOX — Goldie Hawn, George Segal — Comedy Western (PG)

G—General Audience

PG—Parental Guidance Suggested

R—Restricted

Building 500 Clinical Assembly 7p.m.



Blood Bank Drive September

14

George E. Metz
Richard W. Poley
Robert S. Knapp
Arthur R. Pearson
William H. Peloquin
Philip J. Vogt
Robert E. Crootof
Alan R. Felthous
Ben T. Ho
James R. McCole
John D. Olson
Larry A. Gninger
H. Dale Harrier
Stephen Howarth
Randall N. Pratt Jr.
Wallace A. Rolniak
Thomas M. Schmidtkecht
Richard G. Smith
Stan P. Cowley Jr.
Eugene P. Winterfeld
Jean L. Heath
John D. Delaughter
George J. Hansel
Charles B. Slater
Phyllis I. Warren
James A. Blanks
Steve A. Faherty
Richard R. Gayton
Virginia F. Gehgan
Bruce P. Rand
Robert C. Rockhill
Michael Skurja Jr.
Dennis Spillane
James R. Walker

Ladislaus Gollesz
Donna L. Pavlik
Christine Shaver
Arlene E. Mills
Carol M. Butcher
Dorothy E. Fondren
Karol S. Mason
Catherine A. Swan
Elizabeth E. Dehmel
Nancy E. Earle
Jeanette E. Frahm
Ann D. Havens
Patricia A. Herion
Yuki MNM Kato
Marcella A. Prinkki
Bethany A. Rumbo
Joan A. Schwelitz
Paula D. Somerville
Katherine L. Taylor
Mary A. Desedare
Mary K. Spikes
Stephen S. Edmunds
Joel C. Amos
Clarence MNM Atterbury Jr.
Walter R. Mondok
Daniel J. Cronister
Arzie E. Elliott
Michael W. Husarek
David L.R. Owens
Luther T. Rinehart
William V. Ruiz
Sandra F. Steele
Michael J. Baker
Richard S. Bernardy
Cary N. Bills
Bernard G. Bowyer, Jr.
Lela Ruth Cenlee
Billy W. Dean
Francis J. Dufrayne
Melissa D. Elliott
Richard R. Fenton
Richard O. Griffith
Matthew J. Guenther
Alan L. Heikkinen
Rose L.C. Hymel
Gary A. Juhl
Darlene J. Knowles
Thomas W. Lorenz
Mary Morrill
Mark S. Nadler
Mary R. Nanna
Linda R. Neilson
Gunnard P. Nelson
Clinton E. Parks
Warrington A. Richards
Wayne J. Robinson
Thomas P. Simpson
Linda S. Smith
Pamela J. Trottier
Daniel P. Trudell
Harry M. Wallace
Linda A. Ward

Stevenson Williams
Bruce L. Allen
Louie C. Bastidos
Michael P. Beckley
Stephen L. Beesley
Charles R. Bertrand
Roman E. Boldyreff
Emil G. Bousson
James A. Boyd
Ann M. Brockman
Steven G. Brumbaugh
Joel A. Burgess
David D. Clendenning
Linda A. Coniglio
Bruce R. Corrigan
Bonita L. Currier

Laura J. Preston
Kathleen A. Rader
Jenny H. Rainwater
Christopher W. Record
Leslie B. Rhodes
Donald C. Rotermund
Ronnie L. Smith
Elizabeth A. Sosky
Louis F. Unis
Rosanna Warszaski
David L. Whitley
Richard F. Wohlers
Catherine E. Auzenne
Jean A. Balz
Kevin A. Bowdry
Michael J. Bruce
Sherry L. Burow
JoAnn Dumas
Michael C. Doering
Kathleen E. Donovan
Joseph P. Emmons
Richard J. Fogg
Michael F. Fox
Clark L. Garber
Donald L. Gilmer
John E. Hankey
Scott A. Helke
Kenneth T. Herren
Karen A. Hicks
Mark D. Hunerlach
Roger W. Latterell
Thomas A. Leber
William R. Lecnard
John E. Long
David M. Manley Jr.
Bradley A. Martin
Kenneth W. Martindale
John J. McHale
Cheryl G. Miller
Nadine E. Morton
John O'Donnell
Howard L. Ogaard
Robin R. Reed
William T. Rindom
Gabriel MNM Rodriguez
Kathie J. Rose
Cathleen Schroeder
Kenneth R. Shaw
Randolph D. Shinn
Margaret J. Tannehill
Nancy L. Thomas
Marie E. Velasco
Paul L. Wolf
William L. Brooks
Debrah Ann Cochran
Richard M. Dodson
Daniel L. Graham
Jay A. Judge
Jeanne E. Mitchell
Steven C. Myrick
Donnis M. O'Dell
James C. Pittman

Dana L. Sherman
Jeffery B. Somers
Fred C. Valrey
Gerome M. VanDerTorren
Cheryl L. Wolf
William A. Wood
Harold W. Daniel
Raymond E. Laverty
Harry L. Staedler
Norman A. Woehrman
Phyllis M. Berrett
Meredith A. Bradley
Judith R. Briscoe
Frank D. Butcher
Irene D. Chronister
Jennifer J. Daniel
Margaret Dawson
Sarah Everett
Charles E. Fankhauser
Carolyn M. Fort
Collette G. Greenwell
Gisela Hoke
Judith A. Knapp
Frowzell C. Lewis
Sara J. Lundberg
Lois M. Maslowski
Weldon D. Miles
Eva Paraschak
Judy Petersen
William S. Pshea
Margaret V. Rust
Anita M. Williams
Thomas G. Wisely
Clinton D. Owens

'YOU GOTTA' HAVE HEART'
When you offer your life's
blood for somebody else!
These people gave on June 8.
Join them on September 14.

Jennifer L. Curry
Arthur E. Davies
David D. Dewitt
Cathy L. Dickenson
Ronald F. Dodge
Valerie C. Edmunds
Evelyn L. Fields
Roger P. Fredendall
Tracy L. Gewege
Elizabeth M. Gilbert
Craig S. Hilton
Lawrence L. Hogan
Eleanor M.W. Husarek
Evelyn L. Kay
Michael D. Knappen
Mark O. Leonard
Walter A. Lewis Jr.
Lea C. Lind
Thomas E. Lyons
Paulino B. Mangaran
Dennis S. McGowan
Conrado A. Mangune
Charles A. Marolla
John A. Miller
Linda R. Mokris
Kevin P. Meshier
Susan J. Mullen
David W. Munson
Donna M. Murray
David W. Neswald
Terrance A. Noyes
Timothy J. Ohara
Perry D. Patton

**The flag
can fly
at night**

A new law signed July 7, 1976, permits the display of an all-weather American flag for patriotic effect 24 hours a day if properly illuminated during the hours of darkness.

Flying the flag at night has been technically possible for some time because of advances in outdoor lighting and all-weather flag materials, but the Federal Code was never adjusted to permit around-the-clock display of the flag.

staff

babies

born at...

Naval Regional Medical Center, Oakland, on July 9, 1976, Jason Christopher Weiland, 9 pound 9 ounce son of Elaine and HM3 Kip T. Weiland. . . on August 19, Michael Anthony Dodge, 5 pound 9 1/2 ounce son of Lisa and HM3 Donald F. Dodge. . . on July 26, Courtney Elizabeth Severson, 9 pound 13 ounce daughter of Diana Suzanne and AX1 Paul H. Severson Jr. . . on July 27, Carrie Lynn Craig, 6 pound 10 ounce daughter of Frances Kay and HM3 Stephen L. Craig. . . on July 30, Melissa Ninette Douglas 5 pound 9 1/2 ounce daughter of Ninivel and HM1 Robert M. Douglas. . . on July 31, Lisa Christine . . . 6 pound 14 ounce daughter of HM3s Candie Lee and Louis Unis. . . on August 7, Corinne Elizabeth Colman, 6 pound 10 ounce daughter of Cheryl and LCDR John P. Colman. . . on August 9, Conrad Ray Zabarte, 8 pound 5 1/4 ounce son of Annabelle and SM 2 Jaime E. . . on August 10, Anthony Martin Andrisek, 8 pound 1 ounce son of Mary and HM3 Edward C. Andrisek. . . on August 14, Nichole Michelle Caswell, 7 pound 1 ounce daughter of Carolyn J. and HN Mark S. Caswell. . . on August 14, Emily Jean MacFadyen, 5 pound 13 1/2 ounce daughter of Ruth Huff and LCDR James MacFadyen.

NAVAL REGIONAL MEDICAL CENTER
OAKLAND, CALIFORNIA

RADM Henry A. Sparks, MC, USN, Commanding Officer
CAPT Victor M. Holm, MC, USN, Director of Clinical Services
CDR Hubert H. Sowers, MSC, USN, Director of Administrative Services
LTJG R. B. Brown, Public Affairs Officer and Administrative Assistant
Editor: Jo Spivey
Photography: HM1 Steven L. Spring, HM2 T.J. Town, Jo Spivey, HN D. Manley, HN W. H. Hawkes, HN M. H. Lodiopoto
HM1, L. Spring, HM2 T. J. Town, Jo Spivey, HN D. Manley, HN W. H. Hawkes,

THE OAK LEAF is a semimonthly publication produced commercially with appropriated funds in compliance with NAVEXOS P-35, Rev. Jan. 1974. Opinions contained herein are not official expressions of the Department of the Navy.

THE OAK LEAF receives American Forces Press Service and NAVY NEWS material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Regional Medical Center, Oakland, CA. 94627.

Heimlich first aid can save a life

Last month, a volunteer Red Cross worker for some 33 years, met a tragic death from choking.

She was out with friends having a pleasant dinner. She choked on a piece of food, and beginning to cough, she excused herself to the ladies room. When she did not return shortly, her friends became uneasy; they found her in the restroom, too late to save a life. She was the victim of choking.

We may gain some warnings here. If something lodges in the throat, let someone know the severity. If it's a fishbone, quickly grab a piece of bread. Do not become embarrassed by the stragulation; seek help.

Maybe an alert can be sounded for a doctor. Sometimes a Heimlich thrust in the rib cage area is helpful. Sometimes an upside down position will help a small child dislodge a particle which may be blocking the windpipe. Hold the child over your arm or a chair and give it a firm rap with the heel of the hand.

Try to get assistance; don't take choking lightly.



ONE WAY TO HOLD A BABY to relieve its choking is shown. Be certain, whether baby or adult, that the head is down.

MEDIHC, a help when Navy income drops

Frequently a paramedic leaving an active duty tour in the military finds him/herself without a job. Sometimes the lack of a jingle in the pocket can cause a feeling of insecurity approaching near panic.

There is a program for such a person. It is called MEDIHC (Military Experience Directed Into Health Careers), and it can be a resource for the medically-oriented person. The program is designed to assist and motivate persons trained in medical skills who are interested in a health career upon return to civilian life.

MEDIHC has complete and up-to-date information on licensing requirements, certification and training programs. It offers employment counseling and job placement. As a federally funded program within the State Department of Health, all services are provided free of charge to the veteran.

The nearest MEDIHC Office in the Bay Area is at 2151 Berkeley Way, Room 800, Berkeley, Ca. 94704. It may be called collect at Area Code 415, 843-7900, ext. 281. Or ask Education and Training on base for guidance.



HN TED KEENAN demonstrates an upward thrust Heimlich maneuver to rescue HN Kenneth T. Herren, choking victim.



A CHOKING ADULT, is bent over a chair and then is given a sharp thrust.



A PRECISION COLOR GUARD, a cake walk with dignity, the finery of formal attire, good music, fine dancing, excellent cuisine, laudatory toasts—all added up to celebration of the Medical Service Corps' happy anniversary on the occasion of its 67th birthday.

Adult classes start

Oakland Unified School District has announced its adult education and fall schedule. The Neighborhood Centers Program starts its fall session on Monday, September 20. There will be classes in English as a second language and in civil service preparation. Don't let procrastination keep you from getting ahead. Call 452-1612 for information.

Phase II equal opportunity/race relations holds 3rd workshop

Do you know what an AAP is? Do you know what your rights and responsibilities are?

These and many other topics are currently being discussed in Phase II workshops at Bldg 70A by the Bureau of Medicine and Surgery West Coast Equal Opportunity Detachment and the NRMC, Oakland, Command Training Team. Workshops will continue to be held through October 20, 1976.

The members of the NRMC Oakland Command Training Team who will continue to provide Phase II training upon the departure of the BUMED team are: Captain J. Heath, MSC, PT-OT; HMC D. Hogate, Skaggs Island Branch Clinic; HMC C. Crocker, Education and Training; HMC R. Pierce, X-Ray; HMC J. Santiago, Special Services; HM1 I. Gardiner, Laboratory; HM1 N. Petersen, X-Ray; HM1 M. Ryerson, Operating Management and HM1 H. Chinnery, Personnel.

New envelope replica of 1876 design



An embossed envelope, which salutes both the Bicentennial and the Centennial of the United States, will be issued on October 15 in Los Angeles. The 13-cent first class mail embossed envelope is a replica of the three-cent envelope issued in 1876 at the Centennial Exposition in Philadelphia with only the dates and denominations changed. The 1876 design contrasted old and new methods of transporting mail at that time, showing a train and a Pony Express rider.

Orders for first day cancellations should be addressed to "Centennial Envelope, Postmaster, Los Angeles, CA 90052." Remittance should be by check or money order; postage stamps are not acceptable as payment. Customers are requested to send self-addressed envelopes of an appropriate size or return address labels with their orders.



AN EOPS (EQUAL OPPORTUNITY PROGRAM SPECIALISTS) detachment led its third class into consideration of the subject "Women in the Navy." Recommendations coming from Phase II workshop sessions will provide input for the Center's Affirmative Action Plan. Pictured are: HM2 H. C. Maier, LCDR C. L. Kalfas, HM1 C. Pope, MMC R. P. Arquez.

Liability release essential for GI home loans

GI home loan eligibility was restored to more than 12,300 veterans and Service members who were released from liability for their former GI loans during 1975, and the Veterans Administration (VA) is urging others to apply. VA says all veterans should request a release when they sell homes purchased originally with GI loans, since without it, the seller could be held financially liable should the purchaser default on mortgage payments.

VA grants releases provided the veteran's loan is current, the prospective purchaser agrees to assume the veteran's liabilities and the purchaser is a good credit risk with sufficient income to meet assumed mortgage payments.

Prior to Dec. 31, 1974, veterans could qualify for restoration of loan eligibility if VA had been relieved of liability and if the property was disposed of for what was described as "compelling reasons."

Congress, however, removed the "compelling reasons" restriction and a veteran's entitlement may now be restored if the property has been disposed of and the loan has been repaid.

The law also provides that the original veteran's liability will be removed automatically if another veteran purchases the property and substitutes his VA loan eligibility for that of the seller.

What shadow do you cast in Uncle Sam's Navy?

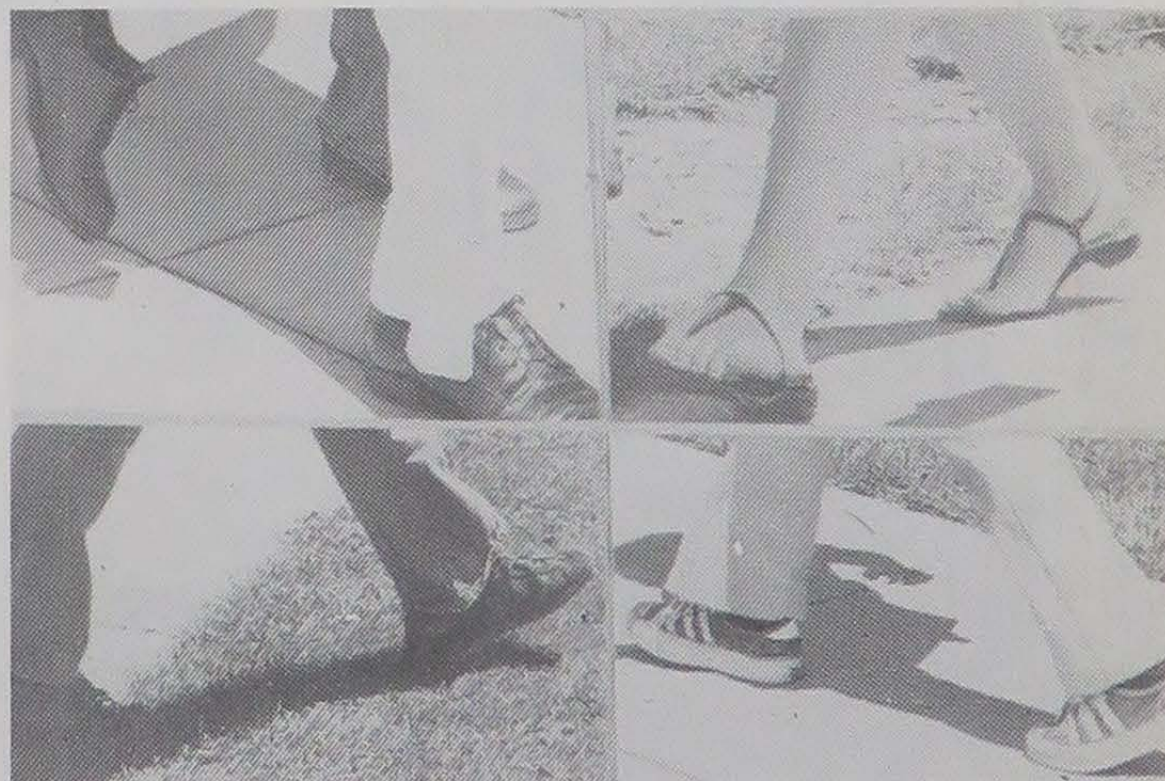
To make a reducing plan work:

It takes both diet and exercise.

(And the space below is reserved so that for emphasis you may write that sentence 25 times.)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.
- 21.
- 22.
- 23.
- 24.
- 25.

(Did you really write your lesson?)



The feet pictured above, during the noon lunch period, could have walked 1 mile. That is a distance from the front door of the Navy Exchange, down past the package store and around the ballfields, and return to the back door of the Navy Exchange. From building 500, twice down the hill to the bank is also a mile.

A mile's walk counts as one weight point if completed in 15 to 20 minutes. To keep normally healthy, 30 weight points are desirable per day. Twenty-five situps equal one point; nine holes of golf are a point and one-half if golf clubs are carried; 2 miles of biking gives a point if completed in 8 minutes, and three points are gained if performed in less than 6 minutes; a 200-yard swim will tally one point if done in 5 to 7 minutes.

Sadly, one doughnut sneaked at coffee break, or one 2-inch piece of cake with frosting at an office birthday party can add 250 to 300 calories. And if you indulged, or attended a Thursday's drug fair and had refreshments, it means most likely, that you need to take another sheet of paper and rewrite your 25 sentences.

Remember, Navy officials have issued the ultimatum: You better shape up, or else!

Sports shorts

Tennis

In the 12th Naval District men's open tennis championships, Ken Roberts of Special Services finished first in a field of 42, winning the finals match 6-4, 6-3.

In doubles competition Roberts and Rick Crootof of OB/GYN Service finished first in a field of 16 to win the match 6-1, 6-3. Thus we came in as "B" champions with 14 team points.

The senior championship was won by Melvin Borowsky of Laboratory Service, 6-2, 6-2. Borowsky and Gilbert LeBlanc of Urology Service took second in senior doubles championships.

Slow Pitch Softball

The final league standings in softball put NRMCO the Class "B" champs, with 11 wins and three losses.

Badminton

Men's and women's badminton championships are scheduled for August 31 to September 3 at NAS Moffett Field. Call ext. 2350.

Talent Contest

Rules are out for entry eligibility. Individuals with talents in singing, dancing, music, comedy, impersonations, drama, and variety should file an entry form prior to September 28. The district finals are set for October 6 at Treasure Island, and the All Navy Talent Contest will be November 14 to 18 at Little Creek, Va. Ron Brown, ext. 2350, has the details.

A bit of nothing

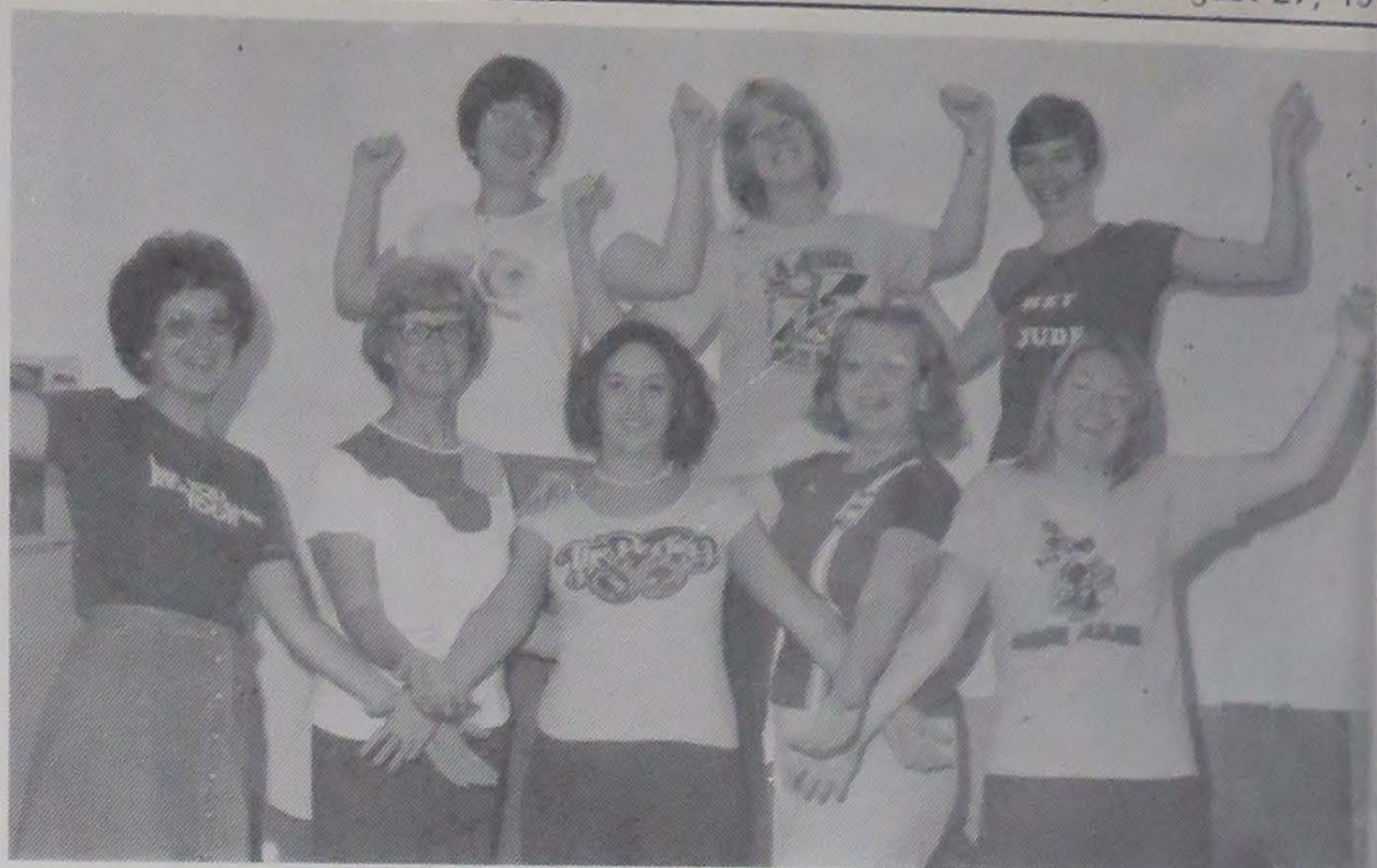
Some letters that pour into a hospital office are natural funnies.

There's the woman who wrote that her 72 year old father was losing his teeth. "Now, the same thing is happening to my 6-year-old son? Could he have caught it?"

Also, plastic surgery has a good one: "I want plastic surgery done like my friend's, Mrs. _____, but I don't want it so well done that no one recognizes who I am. I want everyone to know who it is that's looking so good."

Solve this one: "Dear Doctor _____: What can you suggest? I'm worried about my son because he's worried about me because he thinks I'm worried about him."

"Dear Doctor: I'm sorry I was late again today for my appointment. But you'll have to admit, it was the earliest I've been late yet."



IT WAS T-SHIRT DAY last Friday for the crew in Word Processing. Today in THE OAK LEAF it is "read 'em for yourself" day.

Bits and Pieces

U.S. Navy Medicine for July pictured the Surgeon General of the Navy, VADM Donald L. Custis, swearing in "the next generation of Navy medicine" as one of his many acts before retirement on August 1. The surgical intern with his right hand raised was none other than our LT Walt Mostek, University of Miami, now in Surgery Service.

Shoveling a bit of dirt has gotten our own Rear Admiral H.A. Sparks in the national news in Navy Times. It was raining in Bremerton, Wash., when groundbreaking was held for the Jackson Park Navy family housing. The officials didn't let that stop ceremonies; the dirt was brought indoors for what might be termed "breaking broken ground."

Our Commanding Officer was again pictured in Naval Affairs for August 1976. His publicity is overshadowed by the reason for it. He was accepting the annual donation from Fleet Reserve Branch 87, Alameda. Branch 87 gave a generous contribution to

the Pediatric Clinic of NRMCO Oakland.

Dorothy Tovatt, formerly retired from OB & GYN Service, is still winning prizes with her decorated eggs. Four "bests" and two "best of show" are a bit of proof of her artistry. Dorothy will be back with us soon working as a Red Cross volunteer.

Perhaps many retiring military and civilian persons would like the address of the International Executive Service Corps. It is 622 Third Avenue, New York, N.Y. 10017. The IESC is a not-for-profit organization whose recruits serve in developing countries as volunteer advisers to locally owned enterprises that request managerial or technical assistance.

A beautiful party at the Alameda Officers Club said farewell to Helen Zlibin, Surgery Service, and Florence Sellers, Medical Records Branch of Patient Affairs. Best wishes to those two who will be missed very much by NRMCO Oakland.

Movie schedule

Tuesday, September 7
SIDECAR RACER—Ben Murphy, Wendy Hughes—Drama (PG)

Wednesday, September 8
THE MISSOURI BREAKS—Jack Nicholson, Marlin Brando—Western Drama (PG)

Thursday, September 9
STAY HUNGRY—Jeff Bridges, Sally Fields—Comedy Drama (R)

Friday, September 10
NASHVILLE GIRL—Monica Gayle, Glenn Corbett—Drama (R)

Saturday, September 11
TROUBLE MAN—Robert Hooks, Paul Winfield—Action Drama (R)

Sunday, September 12
THE CREEPING FLESH—Peter Cushing, Christopher Lee—Horror Drama (PG)

Monday, September 13
PHANTOM OF THE PARADISE—Paul Will-

iams, William Finley—Musical Horror (PG)

Tuesday, September 14
ALL THE PRESIDENT'S MEN—Robert Redford, Dustin Hoffman—Historical Drama (PG)

Wednesday, September 15
JAWS—Robert Shaw, Roy Scheider—Adventure (PG)

Thursday, September 16
SPARKLE—Irene Cara, Philip M. Thomas—Drama (PG)

Friday, September 17
THE END OF THE GAME—Jon Voight, Jacqueline Bisset—Suspense Drama (PG)

G—General Audience
PG—Parental Guidance Suggested
Some material may not be suitable for pre-teenagers.

R—Restricted. Under 17 requires accompanying parent or adult guardian.
Building 500 Clinical Assembly 1900

THE OAK LEAF

Naval Regional Medical Center, Oakland

Vol. 38, No. 19

Friday, September 10, 1976

The Goal

for the Combined Federal Campaign is 100 per cent participation.

We hope each person on base will show that he, individually, is a People Helper.

That each will show the spirit of a true volunteer.

A true volunteer giver is a free-will giver!

Our chairman of the Combined Federal Campaign, Captain Angelo Petoletti, climbed the mast for the CFC goal, and he made it!

We'll make it, too, with that same determination.

The kickoff for CFC was September 9.

There will be 1 week of intensive drive from September 20 to 24.

It would be nice if you became a fair share giver;

it would be perfect if you signed for the payroll deduction plan.

Whatever amount you give show that you care for others less fortunate.

Help Naval Regional Medical Center Oakland reach its 100 per cent goal.

Keypersons and coordinating key persons have been appointed and will be contacting you.

WE WILL
MAKE IT
TOO!

WE WILL
MAKE IT!

WE WILL
MAKE IT!



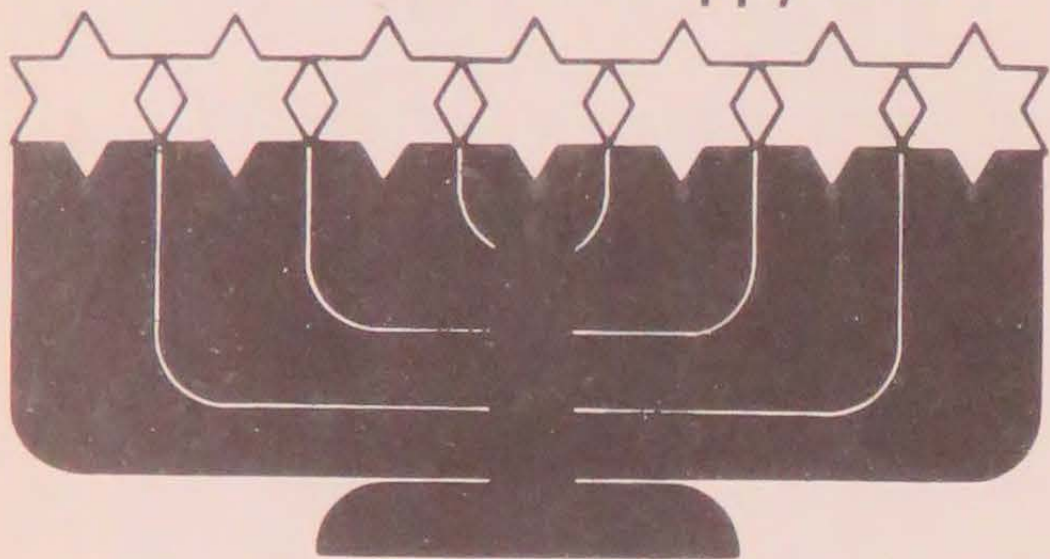
Jewish Holy Days Convey Age-old but Timely Message

The Jewish High Holy Days, Rosh Hashanah and Yom Kippur, which this year fall on September 25-26 and October 4, are the central events of the Jewish calendar.

This year Rosh Hashanah (Hebrew for "New Year's Day") begins the year 5737 of the Jewish calendar, which follows Scriptural chronology since Creation. This aspect of Rosh Hashanah, however, is secondary to the one denoted by the holy day's Biblical names, "Day of Remembrance" and "Day of the Sounding of the Shofar" (ram's horn).

Rosh Hashanah's primary significance is that it begins the period known as the "Ten Days of Repentance," which concludes with Yom Kippur (Hebrew for "Day of Atonement"). For Jews the world over these are days of introspection and soul-searching. Judaism recommends three ways—repentance, prayer, and acts of charity—to correct our inevitable failings in following the word of the Lord. Although these acts are encouraged throughout the entire year, they are emphasized during this penitential season.

ROSH HASHANA--Happy 5737



For Jews in the military and in all careers and endeavors, Rosh Hashanah and Yom Kippur convey a message today that is as timely as when these holy days were first celebrated more than three thousand years ago. In an age when we tend to emphasize the *self*, these days focus on our responsibilities to each other and our need to follow God's will to achieve true and permanent happiness. At a time when people are searching for meaning in their lives, these holy days teach that the Lord rewards those who live according to His plan. Finally, these days teach that the Lord does not make impossible demands upon His servants. In the words of the prophet, "What does the Lord require of you? Only to do justly, to have mercy, and to walk humbly with God."

— Armed Forces Chaplains Board



NEUROPSYCHIATRIC TECHNICIANS completing the clinical phase of their training are (Row One) HM3 S. Forshay, HN M. Lamb, HN D. Busby, HN M. Ramber and nursing instructor LCDR J. Wilke; (Row Two) HN A. Cochran, HM3 T. Kinzeler, HM3 J. Schiers, HM3 D. Brown and neuropsychiatry instructor HM3 M. Walker; (Row Three) LCDR A. Rodriguez, director of clinical training of the NP Technician School, HN D. Sherrick, HM3 T. Kulesha and HN C. St. John.



Captain Holm thrice returns

It is "Welcome Aboard" again for Captain Victor Martin Holm, who was last with us from 1966 to 1972 as Chief of Neuropsychiatry Service. "Almost as if I never left," Dr. Holm says. However, his curriculum vitae reveals that during the interim he has been a very busy man.

After spending 1 year in BuMed as assistant head of the Neuropsychiatry Branch, working with alcoholism, drug abuse and POW problems, he chaired the Department of Psychiatry at the National Naval Medical Center. He was Associate Professor of Psychiatry at Georgetown University Medical School and a consultant of the Group for the Advancement of Psychiatry Committee on Government Agencies. He served on the National Advisory Mental Health Council, and has held several other important appointments.

Meanwhile, he has somehow worked in a few writing credits with titles such as "Prognostic Scales for Personality Disorders in the Naval Service," made a video tape and film on "Combat Psychiatry: Vietnam," delivered major addresses on such subjects as the "Medical Department Responsibility in Alcoholism Rehabilitation," and been on panels to discuss such subjects as behavioral factors in aviation safety.

Doctor Holm received his M.D. from the State University of Iowa in 1956, and is licensed in Iowa and California. He was a resident at Naval Hospital here from October 1957 to October 1960. In 1966 he became a Diplomate of the American Board of Psychiatry and Neurology and in 1974 became a Fellow of the American Psychiatric Association.

On the home front, last month Dr. Holm celebrated his 26th anniversary, having wed Violet A. Jensen in August 1950. His full house consists of two girls and three boys.

A great believer in outside activities, Dr. Holm spends available spare time (and he says there is less every year) with hobbies which include amateur radio, music and bowling. He also flies his own airplane regularly.

NP Phase II finished

Lately considerable emphasis has been given to Phase II of Equal Opportunity awareness, but Phase II training in another area has also been in progress.

On July 5, 1976, 12 students arrived at NRMOC Oakland for Phase II clinical experience in the Neuropsychiatric Technician School. Six weeks prior to this the 12 students were members of a class of 33 students in Phase I of the Psychiatric Technician Class at the Behavioral Science Division, Academy of Health Sciences, U.S. Army, Fort Sam Houston, Texas.

HM3 Thomas R. Kulesha

acquired 947 points out of a possible 1000 points for Phase I and Phase II and graduated as the Distinguished Honor Graduate for the class of 33 students. HN Marianne D. Lamb acquired 943 points out of a possible 1000 points for Phase I and Phase II and graduated as an Honor Graduate.

During Phase II, the clinical phase of the school held here, the students received their clinical experience through the conscientious and enthusiastic support of staff preceptors and coordinators on each of the three psychiatric units where the students were assigned.

Women's week gives variety



DURING WOMEN'S WEEK, Karoline Gunter, a lassie from Austria, shared her arrival in our country. Other reflections of the heritages making for our greater America were voiced by Elisabeth Winsby, LCDR Michael Moy, CAPT Angelo Petoletti, LCDR Joseph Conavad, LTJG Vivian McFadden, CAPT Norman Takaki and Jo Lawrence. Through them we have a mingling of cultures of the Irish, Chinese, Italians, Croatians, Afro-Americans, Japanese and Scotch-Irish.

A large amount of camaraderie, a good bit of information, better communication, and a modicum's sharing with the opposite sex of what Women-in-Action is all about might be summarized as part of the value of observing Women's Week 1976 at NRMC Oakland.

For the first day, August 23, many of our own personnel shared their ethnic American backgrounds.

The second day's lectures sparked such interest in financial world matters that it is known as fact that several from the audience seized the opportunity to garner shares in a West Coast women's bank.

The third day of the interesting program taught in serious, but humorous, terms how to survive a rape attack. Many in attendance are now better informed on how to handle themselves in such a situation.

Day four not only brought 86 employees together to share an enjoyable luncheon at the O'Club, but also afforded an opportunity to hear Dr. Emily Stoper, from California State University, Hayward. She reviewed historically the role of women in politics.

The 5-day program concluded on Friday with a lively review by Kathy Vantine of the book *Some Are Born Great*, by Adela Rogers St. John.

Mrs. Elizabeth Winsby, the Federal Women's Program Coordinator who arranged the week's stimulating repast, announces that Women-in-Action will be planning monthly meetings of challenge and inspiration. Watch the bulletin boards and plan of the day for date and time.

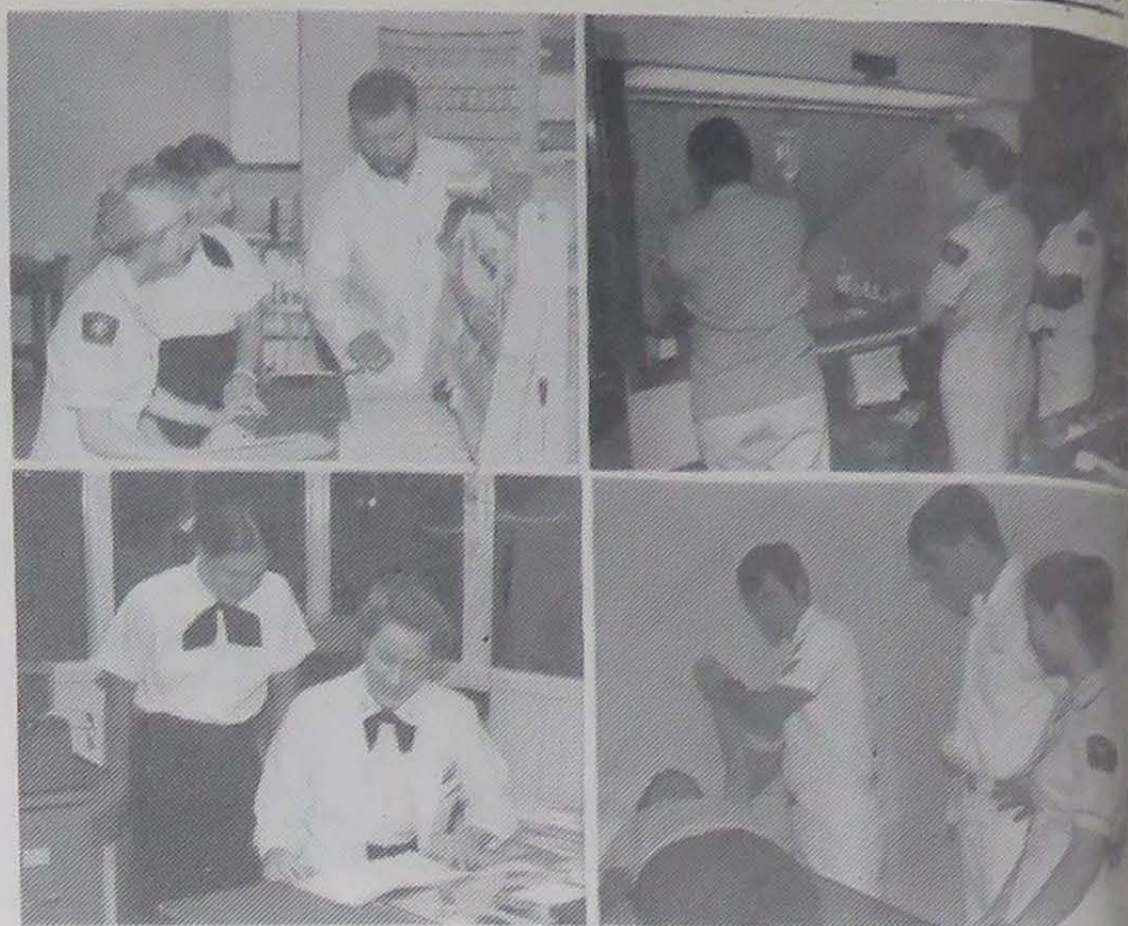


KATHY VANTINE





AWARD TIME ALWAYS POST DATES winning action. The NRMV Varsity Slow Pitch Softball Team won the "B" championship and presented 2nd Place 12ND team award to Rear Admiral Henry A. Sparks. Players pictured are M. Broz, J. Ragan, S. Sorgen, L. Unis, F. O'Neill, our Commanding Officer, J. Bielawski (Director of Recreational Services), D. Urquhart, D. Smith and V. Velasco.



Sea Cadets finish training

Naval Regional Medical Center has hosted its first Sea Cadet Program, and has concluded that the exposure of 10 cadets to Navy medicine was a worthwhile venture.

The cadets, from all of California, were ages 15 to 17 years, principally sophomores and juniors in high school. Their two weeks aboard, under Nursing Education sponsorship, were in classes covering general nursing procedures first aid and circulatory, respiratory and skeletal systems. Nine CPR (cardio pulmonary-resuscitation) certificates were awarded.

The youths attended a drug seminar hosted by the American Red Cross, half days were spent in the Laboratory, Pharmacy, Physical/Occupational Therapy and Food Management Services. Two days were spent on the wards on a one-to-one relationship with staff corpspersons.

Whether the students Go Navy or not, they have certainly had 2 weeks of pre-Navy exposure upon which to better make a decision about Navy medicine as a future career.

10 good reasons for giving blood

- You are invited! Blood can't be manufactured or mined. Blood comes only from people.
- Don't be frightened! Nearly everyone is a little apprehensive the first time they give blood. But watch out—donating blood is habit forming.
- Blood must be available when a patient needs it! That is NOW.
- You can safely donate blood three or four times a year.
- The demand for blood and blood products is constantly increasing. Don't wait for "the other guy" to give. The needs of patients must be met by more donors, people like you.
- Nearly all of us have blood to spare! The average adult has about

10 to 12 pints of blood in his body.

- Less than a pint is all that is taken. Your body manufactures new blood constantly. The volume you give will be replaced within a few hours.
- You aren't too busy! If you stop and think of all the good your blood can do, we believe you'll agree.
- It's safe! Prior to your donation, your medical history is reviewed, a sample of blood is checked, and a doctor must approve of all donations.
- Blood is needed every minute! This minute, decide to be a blood donor. Call ext. 2283 and make an appointment for Tuesday, Sept. 14, 1976.



HERE'S PART OF THE CREW from Medical Center who sailed off to the Presidio on the good ship CFC COMBINED **FEDERAL CAMPAIGN** to launch our drive the United Way! They will be coordinating solicitations with key persons from the Services. Front row: Pauline Raybon and Kathy

Vantine. Back row: LT Terry Rittmeyer; CAPT Angelo Petoletti, our Skipper; LTJG Gary Rupp; Ruth Ann Ball; Shirley Smith; Nancy Weinberg; Jo Spivey (The Oak Leaf Editor); Helen Williams and Judy Wright.

FY 76 CHAMPUS Deductible Certificates

Expire Soon

October 1 marks the start of a new year for CHAMPUS outpatient deductible certificates.

Defense Department officials remind beneficiaries of the Civilian Health and Medical Program of the Uniformed Services—CHAMPUS—that deductible certificates issued for FY 1976 (July 1, 1975 - September 30, 1976) will not be valid after September 30.

The outpatient deductible is the initial amount a beneficiary must pay each fiscal year before CHAMPUS assistance is available for outpatient expenses.

For an individual, the deductible is the first \$50 of authorized outpatient charges in a fiscal year. A family group of two or more is not required to pay collectively more than the first \$100 of authorized outpatient charges in a fiscal year.

To obtain a deductible certificate, a beneficiary should accumulate itemized bills or receipts for outpatient services during a fiscal year until they total \$50 or more for one patient or \$100 or more collectively for a family. Then, the bills or receipts should be sent, along with one claim form per patient, to the organization that processes outpatient claims for the geographic area where the beneficiary normally receives care.

Bits and pieces

Frank Bueno of Housekeeping dropped a suggestion in the mill that was converted to Go action. He mentioned that the marquee should also be used to draw attention to honors received by civilian personnel as well as military—and it was no sooner said than done. However, all suggestions don't receive so positive a response. For instance, Operating Management Service was willing to try to be a central point of contact for car pooling, but interest lagged. So if there's anyone living near 35th and Foothill who can give Irma Nightingale a ride on a 7:30 to 4 p.m. shift, give her a call at ext. 2057.

NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

RADM Henry A. Sparks, MC, USN, Commanding Officer
CAPT Victor M. Holm, MC, USN, Director of Clinical Services
CDR Hubert H. Sowers, MSC, USN, Director of Administrative Services
LTJG R. B. Brown, Public Affairs Officer and Administrative Assistant
Editor: Jo Spivey
Photography:
HM1, L. Spring, HM2 T. J. Town, Jo Spivey, HN D. Manley,
HN W. H. Hawkes, HN M. H. Lodispoto

THE OAK LEAF is a semimonthly publication produced commercially with appropriated funds in compliance with NAVEXOS P-35, Rev. Jan. 1974. Opinions contained herein are not official expressions of the Department of the Navy.

THE OAK LEAF receives American Forces Press Service and NAVY NEWS material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Regional Medical Center, Oakland, CA. 94627.



Officer Farewells



CAPT Bob Hoke
CDR Robert Barone
CDR William Gill
CDR Bruce Edwards
LCDR Kermit Booher Jr.
LCDR George Gavrell
LCDR Keith McReynolds
LCDR James Merritt
LCDR Larry O'Connor
LCDR James Phelan
LCDR Eugene Reynolds
LCDR Jay Snell
LCDR James Syverud
LCDR Gregory Szal
LCDR Robert Thompson
LCDR John Verkleeren
LCDR Eugene Winterfeld
LCDR John Znider
LT Carol Butcher
LT Barbara Cayere
LT Kathleen Clifford
LT Thomas Dierckman, CEC
LT Lila Fillmore
LT Barbara Foley
LT Linday Lyons, MSC
LT Deanna Malcolm
LT Constance Mardikian
LT Michael Masters
LT Barbara Morris
LT Susan Perrault
LT Karen Ronne
LT Ronald Smith
LT Maryanne Williams
LT Norine Wood
LTJG David Becker
LTJG Elizabeth Dehmel
LTJG Marie Hughes
LTJG Linda Massey
LTJG Donna Pavlick, MSC

Psychiatry Service
Surgery Service
Pediatric Service
Ophthalmology Service
Orthopedic Service
Urology Service
ENT Service
Medicine Service
Radiology Service
ENT Service
Medicine Service
Chaplain Service
Ophthalmology Service
ENT Service
ENT Service
Medicine Service
Chaplain Service
Orthopedic Service
Nursing Service
Nursing Service
Nursing Service
Public Works Service
Nursing Service
Nursing Service
Branch Clinic, Moffett
Nursing Service
Nursing Service
NRMCO Intern
Nursing Service
Nursing Service
Nursing Service
Branch Clinic, Moffett
Nursing Service
Nursing Service
Nursing Service
Nursing Service
Nursing Service
Physical Therapy Service

NRMC Long Beach
RAD
NRMC New Orleans
NRMC Camp Pendleton
NH Port Hueneme
NRMC New Orleans
RAD
NH Port Hueneme
RAD
NRMC Great Lakes
NRMC Yokosuka
NAS Miramar
NRMC Long Beach
NRMC Long Beach
NRMC Bremerton
NRMC Camp Pendleton
NRMC Okinawa
NRMC Long Beach
NRMC Guam
Recruiting duty
NH Port Hueneme
Univ. Ca., Berkeley
RAD
Seton Hall, N.J.
RAD
RAD
RAD
Branch Clinic, Alameda
RAD
RAD
RAD
NRMC Guam
RAD
RAD
NRMC Guam
NRMC Guam
RAD
RAD
NRMC Camp Pendleton



ADMINISTRATIVE BOARD HEARINGS, discrimination hearings and complaints at NRMCO are reported by Anna Mae Taylor using the stenomask. Anna Mae in her 11 years in the Legal Service has served under eight legal officers.

Class registration to be Sept. 13-14

Courses to be offered by the College of Alameda for the first quarter include medical terminology, human relations and interviewing skills.

Formal registration will begin on September 13, and classes start on the 15th, and will be conducted in bldg. 71B. A civilian employee should forward a registration request through immediate supervisor to the Civilian Personnel Service.

Reenlistment

HM1 Darrell L. Priddy

Navy

Good Conduct Award

HM2 Otaviano Fontes
HM2 Robert Jackman
HM3 Craig Hilton
HM3 Douglas Hodges
HM3 Christopher Jones
HM3 Roger Locke
HM3 Alfonso Torres
HM3 Benjamin Butler

Promotions

To CDR, Charles Dennis, Otorhinolaryngology Service

Commendations

LT Thomas Dierckman, Public Works Service
LTJG Christine Shaver, Food Management Service

Appreciation

LT Constance Mardikian, Nursing Service
Mr. Ben Nelson, Public Works Service
HM1 William V. Ruiz, Ophthalmology Service

Retirement

Dr. Evan Wolfe, Psychiatry Service

Outstanding Performance

Mrs. Verdia Johnson, Food Management Service
Mr. Eddie Taper, Food Management Service

Flag football season started Sept. 7

Six teams will take the field in 1976 to battle it out for the highly coveted flag football trophy here at NRMOC Oakland. The teams to play are PT/OT, Peds/OB, EENT, OR, OPD and Lab.

Defending their 1974 and 1975 crown is Peds/OB.

Schedule

Sept. 13, EENT vs OR

Sept. 14, PT/OT vs OPD

Sept. 15, Peds/OB vs EENT

Sept. 16, Lab vs OR

All games will begin at 5:15 p.m.

Movie Schedule

Monday, September 13

PHANTOM OF THE PARADISE—Paul Williams, William Finley—Musical Horror (PG)

Tuesday, September 14

ALL THE PRESIDENT'S MEN—Robert Redford, Dustin Hoffman—Historical Drama (PG)

Wednesday, September 15

JAWS—Robert Shaw, Roy Scheider—Adventure (PG)

Thursday, September 16

SPARKLE—Irene Care, Philip M. Thomas—Drama (PG)

Friday, September 17

THE END OF THE GAME—Jon Voight, Jacqueline Bisset—Suspense Drama (PG)

Saturday, September 18

THE VALACHI PAPERS—Charles Bronson, Lini Ventura—Action Drama (PG)

Sunday, September 19

VAMPIRE CIRCUS—Laurence Payne, Adrian Corri—Horror (PG)

Monday, September 20

TRIAL OF BILLY JACK—Delores Taylor, Tom Laughlin—Drama (PG)

Tuesday, September 21

DON'T OPEN THE WINDOW—Arthur Kennedy, Ray Lovelock—Drama (R)

Wednesday, September 22

AT THE EARTH'S CORE—Doug McClure, Peter Cushing—Science Fiction (PG)

Thursday, September 23

FLESH GORDON—Jason Williams, Susan Fields—Satire (R)

Texas Barbecue planned for Oak Knollites

Special Services cordially invites all military and civilian staff, patients, and their immediate families as guests to a

NRMOC COMMAND PICNIC.

Fun begins at 11 a.m. on Saturday, October 2, at the picnic grounds and ends at 4 p.m.

Tickets are \$1 for NRMOC civilian employees and their family. Active duty military personnel are free, as are patients and family members

under age 12 (but please register attendance).

Parking is available in the O Club parking lot.

All you can eat includes hamburgers, barbecued beef, hot dogs, corn on the cob, milk, soft drinks, beer!

The entertainment includes a military band, prizes, games for one and all, sports (softball and tennis), swimming and pony rides!

Tickets are available at Special Services office until September 24.

CPO/EM club opens

Over a year ago when the old Chiefs' and Enlisted Clubs were bulldozed to make way for a regional warehouse parking lot, many persons on base had a feeling of lost identity.

In January 1976 it was decided that the need justified renovation of the unused building adjacent to the St. Lukes Chapel into a combined chief petty officer and enlisted club. HM2 Tim Town (pictured right) was assigned to help guide a working crew of our own and the Seabees from Alameda's Unit 416 in a project to turn the building into an open mess, now named the Tradewinds Club.

At a total cost of some \$32,000 the ribbon cutting by Rear Admiral Sparks on August 25 marked the completion and the eagerly awaited opening of the new club.

Mr. Jim Rosen (pictured above, center) is the manager of the club; and he has announced that lunch and dinner specials will be offered on Tuesday, Wednesday and Thursday. Tuesday night is Bingo night, starting at 8 p.m., and the prizes displayed in the show cases of the club are inviting teasers to new patrons to take up the game.

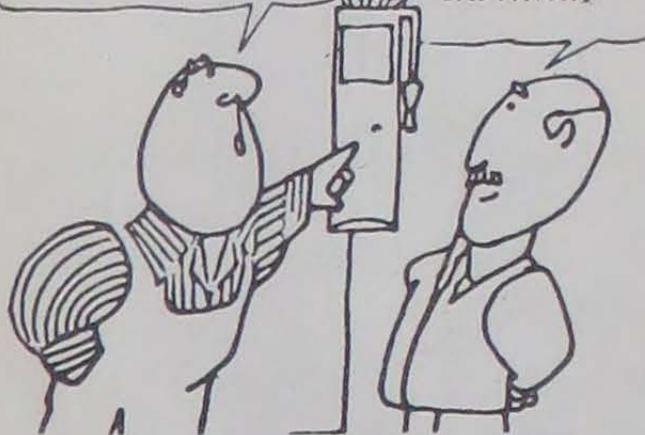
Regular lunches are to be served Monday through Friday from 11 to 1:30 p.m. Dinners are served Tuesday through Saturday, 5:30 to 10 p.m., and good bands and other special features are planned for the club.

Mainly, however, the Tradewinds will once again give chief petty officers and enlisted personnel a place to call their own, a place to which they can relate.



Erdwink Tries a Fire Extinguisher

WHAT'S THIS THING? THAT'S A FIRE EXTINGUISHER, ERDWINK.



VOTE for the candidate of your choice!

The right to vote is a precious privilege not always historically accorded the military. September 21 is Armed Forces voting day. Get your absentee ballots today from the Judge Advocate's Office. Submit applications for absentee ballots NOT LATER THAN September 30. Hurry!

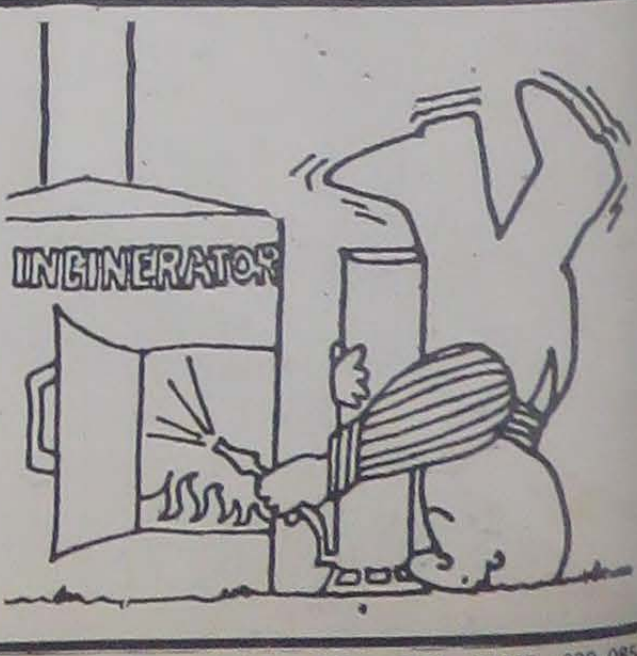
WHAT DOES IT DO? IT'S TO BE USED TO PUT OUT A FIRE, IF USED PROPERLY AND SOON ENOUGH.



CAN I TRY IT?



!!!



THE OAK LEAF

Vol. 38, No. 20

Naval Regional Medical Center, Oakland

Friday, September 24, 1976

Still time to vote absentee **VOTE!**

September 21 was Armed Forces Voting Day. Today is not too late to remind all hospital personnel and patients of the importance of exercising their responsibility as citizens to vote. The General Election this year will be held on Tuesday, November 3.

The Staff Judge Advocate's Office has available applications for absentee ballots.

Servicemen and their dependents who are eligible voters may vote by absentee ballot. For voting purposes, a serviceman and his dependents retain their residence in the state and county in which they were domiciled at the time they entered military service unless they have established sufficient contacts with another state to indicate an intent to become a resident.

The various states have established deadlines for

the receipt of completed absentee ballots. These deadlines range from October 30 to November 18. In order to assure that completed absentee ballots are received by state and county voting officials prior to the deadline, all personnel are strongly urged to submit applications for absentee ballots **NOT LATER THAN September 30**. For service persons, completed applications for absentee ballots should be certified by a commissioned officer prior to mailing. In the case of a civilian voter, the application should be notarized. Civilian voters needing notarization to complete their absentee ballot applications may bring them to the Staff Judge Advocate's Office.

Detailed information concerning the specific voting regulations for each state may be obtained at the Legal Office.



Petty Officer Lua

Sailor of Month

achievement in the performance of his duties, Petty Officer Lua was named Sailor of the Month for August. He repeatedly demonstrated reliability and effectiveness in various job situations. During one very potential hazard, his quick action enabled key personnel to expeditiously respond.

The end result of his personal dedication has set an example responsible for improving morale within his watch section.

Congratulations,
HM3 Bradley J. Lua!

The commendation letter to HM3 Bradley James Lua reads, "Your devotion and conscientious behavior is a constant reminder of the much needed services provided by the Officer of the Day watchstanders."

For his distinguished

Blood Bank donors YOU are beautiful people!

All 277 volunteers for the blood drive of Sept. 14, 1976—very beautiful!

And congratulations to these lucky winners!

Reserved parking space:

HA Dana L. Sherman, Ward 8 North—Sept. 20 to Oct. 17, 1976

LTJG Bethany R. Rumbo, Ward 6 East—Oct. 18 to Nov. 14
HA George F. Siebengartner, Radiology Service—Nov. 15 to Dec. 12

Free Bowling:

HM1 Luther T. Rinehart—PMT School
HM2 Michael Baker—PT/OT School
HM3 James Diehl—PMT School
HM3 Michael Knappen—PT/OT School
HM3 Rodolfo Padilla—PMT School
HM3 Marilyn Young—PT/OT School
HM3 James Young—PT/OT School
HN Kate Auzenne—PT/OT School
HN Mark Churchman—OR School
HN Bob Lingham—PT/OT School

It's school time for all dogs

"Stay!" begins lesson one for your pet. Or does "Heel!" come first?

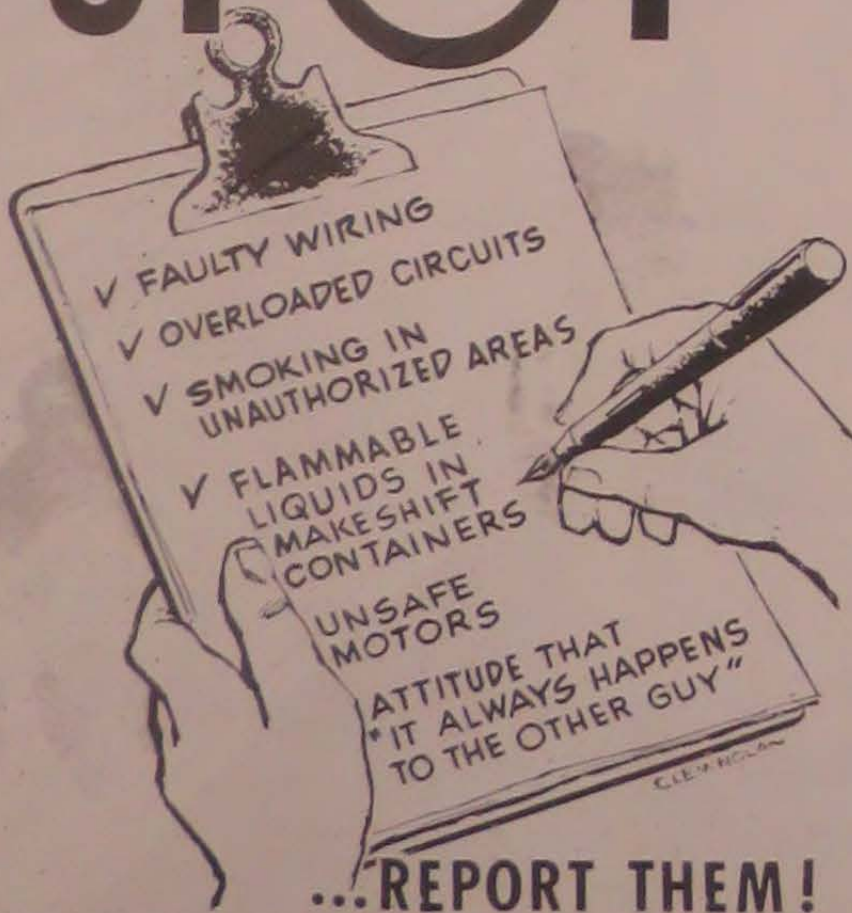
Some people would debate whether Obedience School trains the dog or the owner, but if your pet can earn its diploma, the owner quite likely will have a better mannered animal for its life.

Treasure Island's Pet Clinic will start obedience training as soon as 20 interested "parents" have signed up. The instructor is to be Mr. James R. Faggiano, an experienced obedience and police dog trainer in Northern California.

You may sign up at bldg. 217, Naval Support Activity, Treasure Island, or gain more information by calling 986-2165.

The fee for classes is \$10 for eight weeks of instruction. Hours are 9 a.m. to noon, Monday through Friday.

SPOT FIRE HAZARDS



...REPORT THEM!

National Fire Prevention Week Oct. 3-9

the Chaplain's Corner



"A Chaplain Rushing!"

Why rush to divine services? Make note of the time.

Protestant

Sunday worship: 10:30 a.m., Chapel of Hope

Catholic

Sunday mass: 8:30 a.m., Chapel of Hope

12 noon, Chapel of Hope

Daily mass: 12 noon, Chapel of Hope, Monday through Friday.



LEARNING NEW SKILLS by assisting in the blood bank is William Ong, Red Cross youth volunteer.

Your **CF**
dollars
come back
to us.



A HELPFUL RIDE in a wheelchair is given to patient Anthony Lopez by Red Cross volunteer Matt Lobdell.



PATIENT Harry Pierce is given a helping hand by volunteer William McInnes in creating a leather wallet.



PATIENT MICHAEL BLOOM, in traction, tells volunteer Isabel Leon about personal service items he needs.



A PATIENT IN TRACTION plays a card game with Red Cross volunteer Dee Dee Callies.



RED CROSS VOLUNTEER Sheila Williams assists staff members by working in the Center's X-ray file room.

The
A
M
E
R
I
C
A
N

Red
Cross
is
a
CF

benefactor!



A PATIENT, CAROLYN AVERY, is instructed in leather craft by volunteer Donna Grant and Kathie Van Ronzelan, Red Cross adult volunteer.



TESTING THEIR SKILLS in a chess match are patient Gary Hollum and Red Cross volunteer Catherine Ong.

Volunteers serve in Red Cross program

By Bill Hattwick

Many young people in Red Cross uniform were busy at NRMCO Oakland this summer learning new skills and helping their adult counterparts in various duties throughout the Center.

The young men and women, between the ages of 14 and 20, are part of an annual summer program sponsored by our Center Red Cross. This summer some 26 young men and women are involved in the program. They spend several days each week on the Center's wards, in clinics or other areas assisting the regular Red Cross career and volunteer staff, or hospital staff members.

To teach the young people the value of responsibility, they work under the supervision of adults, although at times they may work to some extent on their own. The volunteers are from a number of East Bay communities.

If you see a young lady in a pin-striped Red Cross uniform or a young man with a Red Cross patch on his shirt visiting with a patient or working in a clinic, you will know they are learning what it means to be a volunteer—experience that will be of value to them the rest of their lives.

NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

RADM Henry A. Sparks, MC, USN, Commanding Officer
CAPT Victor M. Holm, MC, USN, Director of Clinical Services

CDR Hubert H. Sowers, MSC, USN, Director of Administrative Services

LTJG R. B. Brown, Public Affairs Officer and Administrative Assistant

Editor: Jo Spivey

Photography:

HM1 S.L. Spring, HM2 T. J. Town, Jo Spivey, HN D. Manley, HN W. H. Hawkes, HN M. H. Lodispoto

THE OAK LEAF is a semimonthly publication produced commercially with appropriated funds in compliance with NAVEXOS P-35, Rev. Jan. 1974. Opinions contained herein are not official expressions of the Department of the Navy.

THE OAK LEAF receives American Forces Press Service and NAVY NEWS material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Regional Medical Center, Oakland, CA. 94627.



HONG KONG FLU SHOTS for the staff were the preventive measure on last week's agenda.

Hispanic heritage week observed

To pay homage to the heritage of our Hispanic brothers and sisters means that we include the Hispano, Chicano and Latino, whose roots date back in our history much farther than a bicentennial period. Especially to be remembered are those Mestizo (Mexicans) who migrated north from Mexico to what is now the southwest portion of the United States.

On September 15, we at NRMCO paused to pay special tribute to the Hispanic contributions enriching our North American culture. A special table was set in the main dining room at Medical Center, designated for staff members having an Hispanic background. Many administrative officials of the hospital joined in the dinner of recognition.

In fact, all diners shared with mucho gusto in one particular feature of the Hispanic cultural heritage on that day. The menu of the day included tacos, enchiladas, guacamole, refried beans and other accompaniments. One thing was lacking however; there was no mariachi!

Statistically ours,

From the branch clinic, the Centerville Beach, Ferndale, Ca., facility treats an average of 2,600 patients a year and fills an average of 3,500 prescriptions annually.

The Naval Weapons Station Industrial Health Clinic at Concord, Ca., in 1975 cared for 2,519 civil service outpatients, 4,609 active duty, 598 dependents and 106 retired military outpatients.

In July of 1975 the medical department of Naval Air Station, Fallon, Nev., became a branch clinic. In the year 1975 there were 11,516 outpatient visits of which 5,307 were active duty and 5,962 dependent and retired military personnel. Some 247 persons were seen who were civil service workers.

At Fallon during the year 1975, 14,293 prescriptions were filled and 2,959 immunizations administered. There were 21,084 laboratory tests, 248 audiograms, 79 electrocardiograms, 54 eye refractions. There were 74 inpatient admissions and a total of 3,322 X-ray exposures taken.

Branch Clinic, Naval Postgraduate School, Monterey, Ca., on Jan. 1, 1975, became a branch of NRMCO Oakland. During 1975 a total of 19,701 outpatient visits were made; 10,666 laboratory tests, 6,108 X rays, 1,341 audiograms and 710 electrocardiograms were performed. A total of 28,064 pharmacy units were dispensed and 1,582 physical examinations were given, of which 477 were complete flight physicals.

CSC team completes review

The on-site personnel management review conducted by Darrel Davidson and Jackie Martinez of the Civil Service Commission, accompanied by Charles Shelton of the Navy's Office of Civilian Personnel-Western Field Division, was finished on August 25. A formal program evaluation report will be received, possibly in October.

During the 10 days the review members were at the Medical Center, they interviewed employees and supervisors, reviewed directives and personnel records, and audited several positions.

Position management, equal employment opportunity and position classification were given particular attention.

At the close-out, the team indicated that the areas which they evaluated were generally satisfactory. Where significant problems exist, they found that management was aware of them and that substantial planning is already progressing toward solution.

Navy Good Conduct Awards

HM2 Andrew J. Goodrow
DT2 Mark S. Nadler
MM2 Robert L. Casey
HM3 Arthur E. Davies
HM3 Gregory A. Schedcik

Reenlistments

HM3 Kip T. Weiland
HN Reynaldo A. Paje

Commendation

LCDR Richard A. Cusick, MSC

Fiddle-footed runners hit the trail

Had you been aboard in the early hours of September 4 and been able to see through sleepy eyes, you would have viewed an unusual sight.

Jeeps, Toyotas and a Ford—not just the everyday family cars—were lined up; and patients were climbing aboard for the "1976 Navy Vets Run" to the Sierras. The annual trek is sponsored by the Fiddle Footed 4-Wheelers and the Mountain Transit Authority Clubs of San Jose.

The trip was coordinated by HMC George Canning, of Special Services; patient escorts were HM2 Allen North,

HM3 Mark Gainrich, HN Walter Adamczyk and HN William Hawkes, photographer.

On such a trip, nothing smells as good as food cooked over a campfire. And the only thing better than a first charcoaled 12-ounce rib-eye steak is a second one, cooked to a turn.

The Barney Riley Trail itself, in back country out of the town of Markleville, proved tough but challenging. There were a few casualties with men and machinery, but not a person who wouldn't do it again on the next long weekend—or any time.



Scenes by the sideline

By Ron Brown

PEDS/OB take early lead in flag football

It looks as if PEDS/OB is taking up right where they left off last year. They opened their 1976 campaign with a sounding 27-6 shellacking over Lab. They were off to a slow start however, as Lab battled them even for the first 10 minutes of the first half. But PEDS/OB worked their way down the field on an assortment of fine pass patterns.

Spearheaded by Quarterback Steve Baez, the pass finally connected with Al DeGraw from the one-yard line for the score. The P.A.T. try failed.

With 2 minutes left in the first half, Baez found Forest Beaty all alone in the end zone and connected on a 10-yarder for the score.

PEDS/OB led 14-0 at the half, as DeGraw added the extra point on the first extra point ever scored by kicking. (This is the first season for goal posts.)

Lab started things off in the second half as Howard Chase connected with Dave Laxton on a 40-yard aerial shot with 9 minutes left in the 2nd half. This was the only score recorded by Lab.

PEDS/OB scored later on a 1-yard pass from Baez to Jack Schwarte. Degraw picked up the P.A.T.

PEDS/OB also scored on a safety as Chase was deflagged in the end zone with a minute and 30 seconds left in the game.

As the seconds were ticking off to end the game, DeGraw booted a 42-yard field goal to round out the scoring for PEDS/OB.

PEDS/OB made it two in a row, as they easily defeated PT/OT by a score of 40-24. PEDS/OB seemed to

score just about whenever they wanted. Baez to Beaty was more than PT/OT could contend.

DeGraw seems to be rated one of the top kickers with his soccer-style kick.

In the only other game played last week, Lab came back nursing their wounds from an earlier defeat to PEDS/OB, as they defeated a less experienced team from EENT by a score of 12-6.

In games played the week of September 13 to 15, PT/OT defeated EENT 1-0 by forfeit. PT/OT also defeated Lab by a score of 17-14, and PEDS/OB made it three in a row as they whitewashed EENT by a score of 52-6.

Standings as of 9/16/76

Team	W	L
PEDS/OB	3	0
PT/OT	2	1
Lab	1	2
EENT	0	3

12th ND cross country results (6 miles)

Place	Name	Div	Time
5th	Terry Noyes	OR	37:27
6th	Tom Dresser	Int Med	37:31
7th	Phil Shoenwetter	Nuc Med	37:39
11th	Paul Williams	Int Med	39:22

Sports schedule

12ND talent contest. . .Oct. 5 and 6, NAVSUPACT T.I.

12ND seven-man flag football tournament. . .Oct. 12 to 16, NAS Alameda

12ND singles squash championships . . .Oct. 25 to 29, NAS Moffett Field

12ND cross country. . .Oct. 2, Mare Island



NINETY-EIGHT out of a possible 100 is a pretty super score, and it won for W.L. Meehan, Urology Service, the 12ND championship in trap shooting. CAPT J. B. Busey (left), commanding Officer of NAS Lemoore, presents the award.

Mini bits and pieces

Edith Magnani, who is secretary to the Chief of Radiology can go home again, and she will be doing that on Sept. 25. Home is Honolulu, Hawaii, where she has accepted a position at Tripler Army Medical Center in the Surgery Service. Edith says she will miss working here; she has been an Oak Knollite since 1958, so there will be mutuality in the "missing."

Movie Schedule

Saturday, September 25

A DOLL'S HOUSE—Claire Bloom, Anthony Hopkins—Drama (G)

Sunday, September 26

SOYLENT GREEN—Charlton Heston, Edward G. Robinson—Futuristic Drama (PG)

Monday, September 27

ROSEBUD—Peter O'Toole, Richard Attenborough—Drama (PG)

Tuesday, September 28

ODE TO BILLY JOE—Robby Benson, Glynnic O'Connor—Romantic Drama (PG)

Wednesday, September 29

DRIVE-IN—Lisa Lemole, Gary Cavagnaro—Comedy (PG)

Thursday, September 30

FIGHTING MAD—Peter Fonda, Lynn Lowry—Action Drama (R)

Friday, October 1

PEEPER—Michael Caine, Natalie Wood—Comedy (PG)

Saturday, Oct. 2

SAVAGE MESSIAH—Scott Antony, Dorothy Tulin—Drama (R)

Sunday, Oct. 3

STEELYARD BLUES—Peter Boyle, Jane Fonda—Comedy (PG)

Monday, Oct. 4

BREAKOUT—Charles Bronson, Robert Duvall—Action Drama (PG)

Tuesday, Oct. 5

A SMALL TOWN IN TEXAS—Timothy Bottoms, Susan George—Action Drama (PG)

Wednesday, Oct. 6

MOSES—Burt Lancaster, Anthony Quayle—Biblical Drama (PG)

Thursday, Oct. 7

PSYCHO SISTERS—Susan Strasberg, Faith Domergue—Drama (PG)

Friday, Oct. 8

THE BAWDY ADVENTURES OF TOM JONES—Trevor Howard, Nicky Henson—Comedy (R)

Saturday, Oct. 9

HIT MAN—Bernie Casey, Pamela Grier—Action Drama (R)

REMEMBER THE ANNUAL PICNIC SATURDAY, OCTOBER 2



ALCOHOL
IS A DEPRESSANT!

THE OAK LEAF

Vol. 38, No. 20 21

Naval Regional Medical Center, Oakland

Tuesday, October 19, 1976



MANAGER WALTER R. TERRY and Mrs. Terry stand at the head of the receiving line at the CU Open House as Rear Admiral and Mrs. H. A. Sparks arrive. Ms. Peggy Griffin (right) circulates among all guests, wearing her usual happy smile.

Credit Union keeps open house

All of the light fixtures were not in place and carpets were still being installed one hour before preview of the new Alameda Coast Guard Federal Credit Union building. However, the celebration of the new construction went on according to schedule and few people on that October 1 evening could have cared that telephones were not yet connected. Administrative officials joined with CU directors to put the stamp on approval on the architectural design.

Then on Saturday the 2nd, open house was held for the general public. As guests drank punch and nibbled dainty cookies, the cheerfulness of the decor permeated the spirits and dispelled the dampness caused by earlier rains. The tours included safety deposit vaults, conference

rooms, kitchenette and patio areas.

The Alameda Coast Guard Federal Credit Union has had a phenomenal growth over the years. In 1972 Peggy Griffin was first coming over from Alameda 2 days a week to court accounts. Then her time was increased to a few additional hours, 5 afternoons a week. On the 17th of July, 1973, the Credit Union converted to real-time data processing, and on December 31 the dividend went from 6 to 7 per cent. About August of 1974 the hours were again expanded, from 9 a.m. to 3 p.m.; expansions had likewise been made in physical facilities. But, from the start, the Command was aware that quarters were too small for growth; and it was determined that something should be done about it.

CFC CHAIRMAN SAYS 'Thanks'

Captain Petoletti, the chairman of the 1976 Combined Federal Campaign, has now had time to review the success of the effort on behalf of the United Way agencies, and to all the key persons and their assistants, and especially to the People Givers, he says a heartfelt "Thank you!"

In 1972 collections at NRMCO totaled \$12,001.53; in 1973, \$17,392.52; in 1974, \$14,922.09; in 1975, \$17,181.10. Count to date for the year 1976 has reached \$16,658.41, which represents giving by 906 persons. There were 402 persons giving through payroll deduction. Vacationers and absentees at the time of the drive will be given an opportunity to contribute.

Just in case the tin man doesn't know it, there is a lot of symbolic hidden heart right here on base, and the giver list may be the clue as to where the "heart" may be found.

On February 6, 1976, ground was broken for a new building.

That new building is now completed.

With the new home for the CU, it is anticipated that there will be a continued surge in the growth pattern. Assets of ACGFCU in 1972 were \$8,736,636.88. By 1975 they had soared to \$23,479,557.85, and by September 1976 they had reached \$27,500,000.

The Credit Union is now dealing in second mortgages for California, Oregon and Washington; safety deposit boxes; travelers checks and money orders are among the services offered. Seven employees will be on deck to offer other multi-services expected of such a financial institution. The insurance feature on accounts is worthy of investigation.

Even if you are not a member, visit the Credit Union, and when you have met the officers, you undoubtedly will want to join.

NEW FEDERAL PAY RATES (as reported in Federal Employees' News Digest)

Grades and steps	1	2	3	4	5	6	7	8	9	10
GS-1	\$5,810	\$6,004	\$6,198	\$6,392	\$6,586	\$6,780	\$6,974	\$7,168	\$7,362	\$7,556
2	6,572	6,791	7,010	7,229	7,448	7,667	7,886	8,105	8,324	8,543
3	7,408	7,655	7,902	8,149	8,396	8,643	8,890	9,137	9,384	9,631
4	8,316	8,593	8,870	9,147	9,424	9,701	9,978	10,255	10,532	10,809
5	9,303	9,613	9,923	10,233	10,543	10,853	11,163	11,473	11,783	12,093
6	10,370	10,716	11,062	11,408	11,754	12,100	12,446	12,792	13,138	13,484
7	11,523	11,907	12,291	12,675	13,059	13,443	13,827	14,211	14,595	14,979
8	12,763	13,188	13,613	14,038	14,463	14,888	15,313	15,738	16,163	16,588
9	14,097	14,567	15,037	15,507	15,977	16,447	16,917	17,387	17,857	18,327
10	15,524	16,041	16,558	17,075	17,592	18,109	18,626	19,143	19,660	20,177
11	17,056	17,625	18,194	18,763	19,332	19,901	20,470	21,039	21,608	22,177
12	20,442	21,123	21,804	22,485	23,166	23,847	24,528	25,209	25,890	26,571
13	24,308	25,118	25,928	26,738	27,548	28,358	29,168	29,978	30,788	31,598
14	28,725	29,683	30,641	31,599	32,557	33,515	34,473	35,431	36,389	37,347
15	33,789	34,915	36,041	37,167	38,293	39,419	40,545*	41,671*	42,797*	43,923*
16	39,629*	40,950*	42,271*	43,592*	44,913*	46,234*	47,555*	48,876*	50,197*	
17	46,423*	47,970*	49,517*	51,064*	52,611*					
18	54,410*									

*Actual pay would be \$39,600, equalling the proposed new rate for Level V of the Executive Pay Schedule.

NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

RADM Henry A. Sparks, MC, USN, Commanding Officer
CAPT Victor M. Holm, MC, USN, Director of Clinical Services
CDR Hubert H. Sowers, MSC, USN, Director of Administrative Services
LTJG R. B. Brown, Public Affairs Officer and Administrative Assistant
Editor: Jo Spivey
Photography:
HM1 S.L. Spring, HM2 T. J. Town, Jo Spivey, HN D. Manley,
HN W. H. Hawkes, HN M. H. Lodispoto

THE OAK LEAF is a semimonthly publication produced commercially with appropriated funds in compliance with NAVEXOS P-35, Rev. Jan. 1974. Opinions contained herein are not official expressions of the Department of the Navy.

THE OAK LEAF receives American Forces Press Service and NAVY NEWS material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Regional Medical Center, Oakland, CA. 94627.

Statistically ours,

Operating Management Service statistically launders a lot of dirty linens. The workload increased from 1,450 tons in 1972 to 1,800 tons in 1975.

And visitors and personnel on base better mind their driving habits. Citations issued have increased from 4,863 to 7,046, ranging from parking violations to reckless driving and trespassing on a government reservation.

Housekeeping, too, comes under Operating Management, and, in 1975, 47 housekeeping aids cleaned 430,000 square feet daily for a cost of \$480,000 per year. The average staffing guide per man is 7,000 square feet daily.

One to three Courts Martial cases a year are all that hit that discipline severity; and considering that we have been under regionalization since 1973, it would not seem that the increase in investigation or incident reports or referrals to CO/XO's Mast is up to any alarming degree. In 1972 there were 161 investigations other than traffic, 237 incident reports, 120 UCMJ (Uniform Code Military Justice) violation cases and 39 discipline referrals. In 1975 the comparable figures are 196 investigations, 264 incident reports, 126 UCMJs and 45 CO Mast referrals.

Get your holiday toys now!

Business is brisk already at Toyland, so don't wait until the last minute to satisfy your holiday needs, because selections will be more limited as the 11th hour approaches.

Want to know what's big in the toy area with youngsters (of all ages)? Model kits of space ships, trucks, dirigibles, sea vessels, plus modern and vintage cars are more in demand than ever, because of the movie and TV influence.

Check out the fine assortment of model kits in a wide price range. Toyland also features an extensive array of tree and home light displays, plus ornaments, all at fantastic savings!

the Chaplain's Corner



What matters is not being knocked down—but did you get up?

"How Green Was My Valley" is an unforgettable novel by Richard Lewellyn. There is a touching scene when the 11-year-old Huw goes off to school for his first day. He is neatly dressed and clean. In the late afternoon he returns home bleeding and bedraggled. School ground bullies have beaten him. His books are smeared and his pencil box broken. One eye is black and his face is bruised. His coal mining father looked at him for a long moment in silence.

"Are you willing to go back to school tomorrow?" he asks. Huw is afraid and he hesitates.

"Y-yes," he finally mutters.

"Good," replied his father, "from tonight you shall have a penny for every mark on your face, a shilling for a black eye and two shillings for a broken nose."

I've been touched by that partly because of little Huw's trembling resolve but mostly by the father's reasoning that troubles and unpleasant situations have to be faced.

Andrew Jackson was one of the most successful presidents to emerge in American history. A man who had been a neighbor of Jackson in his youth once remarked: "I done a heap o' wrestlin' with Andy, and I throwed him three times out of four, but he didn't stay throwed."

I will make book on the man who will go on trying after each failure. The man who, has the habit of renewing the struggle after each fall is going to make it somewhere, sometime. The man who ends up in a disastrous defeat is usually there not because he was thrown, but because he stayed down and refused any effort to get up.

CDR. L. WAYNE RUSHING, CHC, USN



Naval Regional Medical Center on August 24, 1976, Mary Catherine Gratiot, 7 pound 12 ounce daughter of Laurie M. and LT James B. Gratiot. . . on August 29, Sean Michael Wilsford, 7 pound 11 ounce son of Patricia Sue and HM2 Jerry L. Wilsford. . . on September 10, Lauren Alexandra Boyle, 6 pound 11 ounce daughter of Mary E. and LCDR Edward L. Boyle. . . on September 13, Robert Harrison Williams, 8 pound 4 ounce son of Linda Ruth and LT Paul L. Williams. . . on September 18, Shannon Lian Flaig, 7 pound 8 ounce daughter of Judy Darnell and HM2 Timothy A. Flaig. . . on September 18, Dawn Rosalie Sylvester, 4 pound 7 1/2 ounce daughter of Hillary Jane and HM2 Clay S. Sylvester. . . on September 19, Justin Blynn Laman, 9 pound 7 ounce son of Suzanne Eileen and LCDR Edward N. Laman. . . on September 21, Michael Justin Ortizluis, 6 pound son of Francisca M. and HN Dominador A. Ortizluis. . . on September 26, Kirsten Ann DeBille, 7 pound 5 ounce daughter of Sanbra Jan and FTM3 Frank J. DeBille. . . on September 30, Brian Gregory Martin, 7 pound 8 1/2 ounce son of Laurel Eva and LT Gregory P. Martin.

THE MONTH OF SEPTEMBER was a record breaking month for the OB&GYN Service. There were six sets of twins and a total 149 babies born during the month.

VETERANS' DAY, October 25, is a holiday. See you at the Command Picnic! Bank of America will be closed that day.

Command Picnic October 25??

Rain, rain stay away, and don't come back on Veterans' Day!

Twice a Command Picnic has been scheduled for NRMCO staff and families. The October 2 date was cancelled because of rains; who wants to play softball in mud?

Hoping for better luck, the big get-together is again scheduled for October 25, Monday, 10 a.m. to 4 p.m. Because of legal requirements connected with funds, civilian employees are required to pay \$1 per person, but you can bet that buck will bring bonus returns. Military families will be free, but Special Services would still like to have an approximate head count in making food plans. So please obtain your tickets from Special Services before the deadline of October 19.

Sure the weekend is a holiday, but a good one to stay off the highways. Bring your swimsuits, running shoes, tennis racquets and a big appetite. Make your reservations now.

This time if it rains, the picnic will be cancelled until Spring, and refunds will be given.



RETIRING(?)

It is an impressive ceremony in the Navy when a sailor retires and is piped ashore by his shipmates of many years.

As tributes are said and awards presented in the offices of the Commanding Officer, the emotions which are in play are very mixed. Although many of our doctors and others depart to even expanded careers in civilian communities they may be aware that they also leave a Way of Life. Perhaps at the moment they do not fully realize how much that way of life in which they and their wives and families are entwined with friends and work will be missed by them.

However, the Command need not be told how much the services of these military staff members will be missed by Naval Regional Medical Center. There will be somewhat of a void that will have to be filled in time. For the now, we can only wish these retirees "Smooth sailing and fair winds."



CAPT GEORGE E. METZ (Assistant Chief of Surgery)

OUR LOSS--civilian community's gain



LCDR AND MRS. NEIL R. PETERSEN
(Chief of Food Management Service)



CAPT AND MRS. ROBERT C. DRIPS
and family
(Regional Health Care Coordinator)



CAPT AND MRS. MELVIN BOROWSKI
(Chief of Pathology)

Reenlistments

HM1 Clyde Stevenson, Jr.
HM2 Digno Marinas
HM3 Joseph Deleon
DT3 Noel Rivero
HN Reynaldo Paje

Navy Commendation Award

LT Jack Bartlett, MSC

Navy Achievement Award

LCDR Sergei Pron, MSC

Navy

Good Conduct Awards

HM3 John R. Kerr
HM2 John R. Rukkila

Outstanding Performance

Ms. Fannie Carney, Laboratory Service
Ms. Rosa Lewis, Food Management Service
Mr. Robert Valentine, Outpatient Service

Civilian

Length of Service Awards

25 years

Ruth Douglas Leland McNair
Ellis Harris Verona Reeder
Beverly Keller

20 years

Ruby Allison
Florence Beigno
Joyce Ferguson
Willie Gates
Doris Grant
Frances Kinney
Magdalene Noe
Tony Quezada
Lottie Raines
Patricia Scholine
Betty Simeon
Gudrun Smith
Lewis Sweet
Cecil Utley
Darnell Waters
John Williams

For connoisseurs of sound

In case you haven't noticed, the audio department of the Navy Exchange is adding new merchandise. Special promotional buys enable the exchange to offer sophisticated stereo packages at prices that raise eyebrows. The units do not stay on the shelves very

long, so it is wise to visit the audio section of the Navy Exchange regularly. Also, the same thing applies to the photo department.

This may be the year to buy just the camera or stereo sound that you've always wanted.

Flu stay way from our doors!

In September the Hong Kong Flu shots were administered to some 862 military persons and 258 civilians and others.

Last week the Swine flu immunizations began at NRMOC Oakland. There were 647 active duty personnel and 131 civilians and high risk persons who received the immunizations.

October 20 and 21 are set for the final vaccination program insofar as inoculation with the bivalent Swine and Victoria influenza vaccine for all active duty and Selected Reserve personnel. Vaccine for the general military retired population and their dependents is yet to be received. When such monovalent Swine flu vaccine arrives, announcement will be made, and Preventive Medicine Service asks that you keep alert to various media notices.

AS NONE
OF US
IS
INDISPENSABLE
ADMITTING IT
SEEMS ONLY
SENSIBLE.

CHAMPUS nonavailable update

CHAMPUS beneficiaries can continue to use non-availability statements from a Uniformed Service hospital to obtain care at a civilian hospital which is located within 40 miles of another Service hospital.

DoD officials cite the following example to illustrate the present CHAMPUS policy:

If a Service hospital within 40 miles of a patient's residence cannot perform needed heart surgery, but a

second Service hospital further away can, the patient will be encouraged to use the second hospital rather than a civilian one near it. However, he will not be prohibited from using the civilian hospital.

The officials also point out that it usually costs less for both a beneficiary and the Government when a Service hospital is used rather than a civilian hospital.



CONGRATULATIONS TO THESE NEW HM2s! The advancees are Alfonso Torres, William McDonald, John Sieber, Edward Duegaw, Joseph Bemrich, John Wheeler.

...Bits and Pieces...

Nature thru binoculars

Frustrated is the description of an editor with 4 pages to fill and 12 pages of material. The East Bay Regional Park District sends out wonderful teasers on such things as seeing nature on horseback or on a bicycle in Tilden Park; fall bird walks in the Coyote Hills, at Crown Memorial State Beach, at the Briones Regional Park, north of Lafayette, or at Wildcat Canyon, Rich-

mond. An autumn leaf shuffle at Sunol Wilderness, east of Fremont, sounds like fun. If you're a real nature buff, you might phone 531-9300 for a calendar of listings. The park district even lists a wheelchair nature walk with a naturalist.

Crew's books

If you're not reading the Crew's Library notices, you're missing notice of some of their new titles. It now has the Time-Life Boating Series: Maintenance. The Kubler-Ross volume On Death and Dying or Nolen's book called Healing: A Doctor in Search of a Miracle. We won't tell if you're an adult and sneak into the Children's Corner to reread Winnie the Pooh and Tigger Too. If you've never read the Pooh Bear stories, no wonder you're uneducated when mention is made of Robin or Eore.

Special Services tidbits

Some of the information The Oak Leaf does not have room to carry is included in the leaflet gotten out monthly by Special Services. Stop by and pick up a flyer or watch the area near the mail room for the leaflets. You might learn through that media that "Swimming lessons are continuing into the fall months." Or that the Enlisted Wives Club had an organizational meeting.



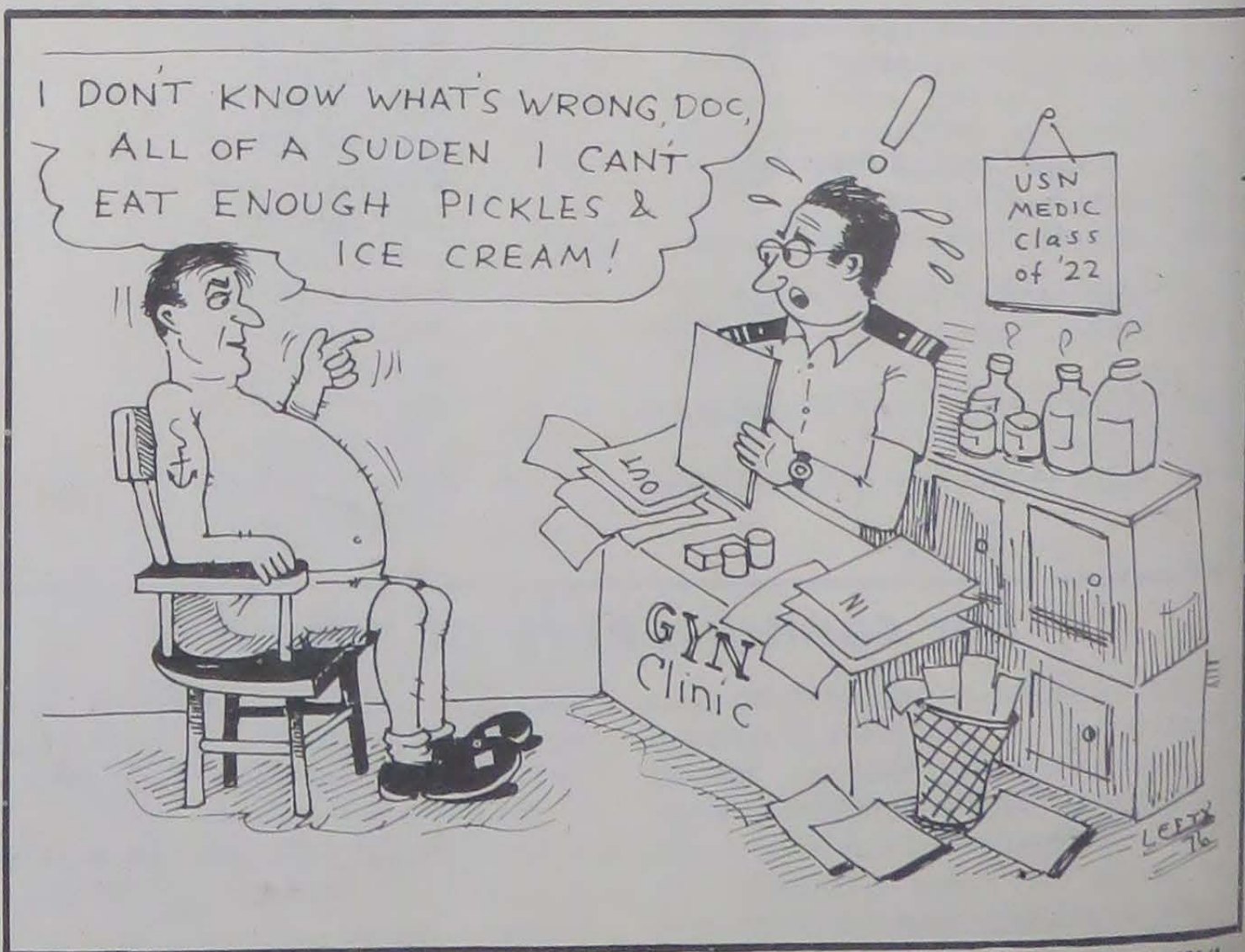
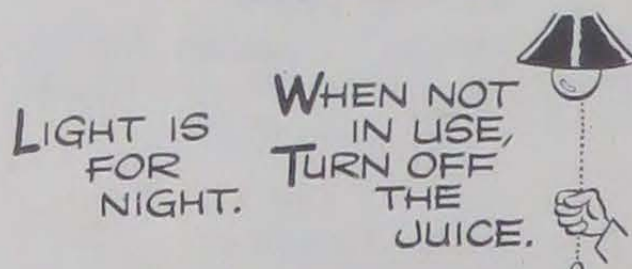
ER corpsman

Sailor of Month

September's Sailor of the Month, HM3 Michael D. Torrence, was a WW II baby; he was born in Hawaii, then transplanted to Iowa, and he now claims Mill Valley as home. His wife Suzy is a registered nurse, working for Kaiser Hospital, and with two boys, ages 8 and 6, it is not hard to imagine how Michael's evening are occupied.

At Medical Center, Petty Officer Torrence is Senior Corpsman in the Emergency Room. His Commendation reads, "Besides displaying extraordinary skills in various ancillary health care tasks, you have continually demonstrated concern for the well being of patients. Your sound decision making and diligence in difficult situations has not only earned you respect and admiration, but also has been responsible for inspiring others in the performance of their duties."

Michael Torrence is goal-directed toward getting into an independent duty school. He daily is earning credits toward career advancement, whatever his final decision about the future.





PT/OT SHOUTS LAST HURRAH



CLASS OF 7602

Bottom Row, left to right: instructors, HM2 Fenton, LT Spillane, LT Skurja, CAPT Heath, LT Faherty, HM2 Sims

Second Row, students, HN Moshier, HM3 Norris, HN Banovz, HN S. Birchwell, HM3 Knappen, HM3 Nordstrom, HM3 S. Baker, HM3 Putnam, CPL Yohannes, Ethiopian Army.

Third Row, HN R. Lingham, HM3 Green, HM2 Rice, HM3

Hoover, HN Auzenne, HM3 M. Young, HM3 J. Young, HM3 Owings, HM2 Baker

Fourth Row, HM3 Rader, HM3 Horton, HM3 Murray, HM2 Fredendall, HM3 Munson, HM2 Tison, HM3 Ellestad, HM2 T. Birchwell, HN Emmons

Top Row, HM2 Vargo, HM2 Wallace, HN P. Lingham, HM3 Williams, HM3 Seymour, HM3 Reitsma, HM2 Boldyreff, HN Carswell, HM3 Wojdat.

Thirty-four years of continuous training of Navy Physical Therapy and Occupational Therapy technicians came to a close with the graduation of Class #7602 on Thursday, November 4, 1976 at Naval Regional Medical Center Oakland. In keeping with Oak Knoll's threefold purpose to meet the highest professional, local community and Navy wide needs, the staff has indeed given their utmost. Five classes, some 145 students, have received their training and orientation here at NRMCO, including 3 from foreign countries.

The United States Navy has long been recognized and admired for outstanding training programs in nearly every professional and technical field and, especially, for those in medicine. There is no counterpart, either civilian or military, to the Navy hospital corpsmen. They are the very foundation upon which the success of the Navy's health care system rests—the direct result of superior training. The goal of every medical training program is to meet the educational needs of the students who in turn provide medical services to patients. PT/OT School did not fade away, nor was it phased out gently. The chal-

lenge had been met and we are all satisfied in knowing the job was well done.

Technicians have been trained by the Navy since 1942 at Bethesda, San Diego, and Oakland. From 1942 to 1969, two separate training programs were conducted: one for Physical Therapists and one for Occupational Therapists. In March of 1968 a special task force, formed by CAPT Ruth Moeller, MSC, USN, Assistant to the Chief, Medical Service Corps for Medical Specialists developed a combined training program in which the 21-week 'O.T.' course and the 26-week 'P.T.' course were consolidated into a 28-week combined course. The task force members were CDR Bertha Alvord and LCDR Mary Rooney, Occupational Therapists, and CDR Joan Beckwith and LCDR Jean Heath, Physical Therapists. The first class of combined technicians convened at the National Naval Medical Center, Bethesda, Maryland, in March 1969. The Occupational Therapy portion of this program was approved by the American Occupational Therapy Association in 1970, which enabled

graduates to become eligible for national licensure as Certified Occupational Therapy Assistants. Due to a pressing need for additional technicians, a second program was established at Oakland Naval Hospital in 1973. In January 1974 DeAnza College, Cupertino, California granted 64 quarter hours of college credit toward the Associate of Arts degree as a Physical Therapist Assistant for technical course work completed at NRMCO.

Tri-Service PT/OT training now conducted at Ft. Sam Houston.

In considering why the PT/OT School program was so successful we need to acknowledge only that the atmosphere created by a dedicated professional group of specialists with multifaceted talents and resources was contagious. This exposure of the students in teaching/working situations accomplished the goal of producing some of the best Physical Therapy Occupational Therapy technicians trained anywhere. We wish them well, both staff and students, in their future endeavors and feel they merit the traditional Navy 'Well Done.'

CHAMPUS CORNER

The 40-mile radius has been eased. If a person can prove that the distance from his residence to the nearest military hospital by the most direct route is in excess of 40 road miles, a statement of noavailability, Form 1251, will be issued.

Your Health Benefits Counselor has Handouts that address themselves to the specific parts of CHAMPUS Program. Ask for them to help you better understand your individual benefits.

If you have submitted a claim before August, either to the old or to the new Contractor, and have received no information from them, resubmit your claim and mark the claim 'Resubmission.'

Happy Birthday Marines

From the Halls of Montezuma to the Shores of Tripoli. . .

At 1000, the 10th of November they snapped to attention. Our Commanding Officer strode briskly into the Main dining room. "As you were," he joined with Oak Knoll military and civilian staff in celebrating with the U.S. Marines their 201st birthday. We listened to a congratulatory birthday message from the Commandant of the Marine Corps. RADM Sparks wished them well on the completion of the first year of their third century. The Commanding Officer of the Marine Barracks, Treasure Island, COL Louis A. Bonin responded with the thought that "We like to be with friends and family on the important days of our lives. You at NRMCO are our friends. Whether they be doctors, nurses or corpsmen, we give a special thanks to our 'Docs.'" Strains of the Marine Hymn created the atmosphere and our Marine friends cut their cake and graciously served punch.

NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

RADM Henry A. Sparks, MC USN, Commanding Officer
CAPT Victor M. Holm, MC, USN, Director of Clinical Services

CDR Hubert H. Sowers, MSC, USN, Director of Administrative Services

LTJG R. B. Brown, Public Affairs Officer/Administrative Assistant

HM3 D.M. Manley, Public Affairs Assistant

Editor: Jan Albertson

Photography: HMC Steven L. Spring, HM2 T.J. Town, HM3 D.M. Manley, HN W.H. Hawkes, HN Sunny Lodispoto

THE OAK LEAF is a semimonthly publication produced commercially with appropriated funds in compliance with NAVEXOS P-35, Rev. Jan. 1974. Opinions contained herein are not official expressions of the Department of the Navy.

THE OAK LEAF receives American Forces Press Service and NAVY NEWS material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.



Santa Claus (Art Ames), Miss Mary Valle and RADM Sparks plan to remember patients hospitalized during the Holidays.

To those who gave we bring Christmas joy

What kind of people buy presents for those they don't even know? What kind of person spends hours wrapping and tying packages he won't see being opened? Who are they who leave families to go visiting patients confined in the hospital on Christmas mornings? What club decorates the wards of Oak Knoll for the Holiday? Their name is Veteran Hospitals' Christmas Committee. We call them friends indeed.

Thursday, November 11 at the Officers' Club, RADM Sparks and the Staff of NRMCO hosted a dinner for these dedicated ones. "We enjoy the assistance from the community. Our job is made easier. We appreciate

the Christmas Committee. Those who are hospitalized on Christmas Day are those who must be. Those patients have never been forgotten. Thank you for 52 years. We wish you the best and continued success year to year. Yours is a most worthwhile program. We are in your debt."

'Tis the season,' said Mr. Felix Chialvo, President, 'that VHCC puts on its work clothes. We have one goal, to see a little more happiness and joy come into the lives of those confined Christmas Morning. Ours is not a simple task; it requires money, we work for this. We have public spirited people and the response has been magnificent.'

EEO News

The first Annual San Francisco Bay Area Equal Employment Opportunity Council was held on 3 November 1976. Mr. Weldon Miles, DEEO reports that topics discussed included building a strong program to further management involvement.

Summer jobs

The Civil Service Commission has announced the opening of its examination for summer jobs.

Are you the son or daughter of Naval personnel, either military or civilian? Are you 18 years old or a high school graduate and 16? You may be eligible to take this examination which is used to fill temporary jobs at the levels of GS-1 through GS-4.

There will be more applicants than positions, and those filing earliest will have the best opportunity for employment. The test will be given in January and February. Be sure your application is post marked before January 13. For further information call our Civilian Personnel Office at 2116.



Dear Jo,

You promised you'd be gone only a year. We found the keys in the office next door. (Don't like good-byes either). Thanks for sharpening the pencils, and filling the aspirin bottle. We're glad you left all those notes in the box labeled "Important." Your plant has been watered; we've adjusted the desk chair and taken off the typewriter cover. With a prayer we'll carry on while you're away in Oklahoma. Take care. . . we miss you already.

Jan

Thanksgiving Message

O give thanks unto the Lord, for he is good: for his mercy endureth forever.

Psalm 107: 1

After a fruitful harvest, the Pilgrims of early America gathered together with their families and friends to celebrate the plenty with praise to their Maker and with a feast of Thanksgiving. This year we again set aside a day of praise and feasting to acknowledge our gratefulness and to count our many blessings. We at Naval Regional Medical Center, Oakland, do indeed, have much for which to be thankful. . .for our measure of health, for our families, for our joys and sorrows, for our nation, for freedom from want. We are thankful for the opportunities we have to learn and to teach. But most important, we are grateful for the privilege of serving, for the happiness we enjoy in helping to make another's pathway just a little bit smoother. We are truly thankful.

H.A. SPARKS
Rear Admiral, MC, U.S. Navy
Commanding Officer

Congratulations

Our hearty congratulations go to CAPT. J. W. DAVIS who has been named a Fellow in the American College of Physicians.

Divine Services

PROTESTANT

Sunday Worship: 10:30 a.m. in the Chapel of Hope

Holy Communion: First Sunday of each month following the service.

Weddings and Baptisms: By appointment

CATHOLIC

Sunday Mass: 8:30 a.m. in the Chapel of Hope, third floor of Bldg. 500 and at noon, Clinical Assembly.

Daily Mass: noon in the Chapel of Hope (Monday through Friday)

Holy Days of Obligation: noon Mass, Chapel of Hope

Confessions: Before all masses
Weddings and Baptisms: By appointment

Thanksgiving Day Services-Chapel of Hope

Catholic — 0900

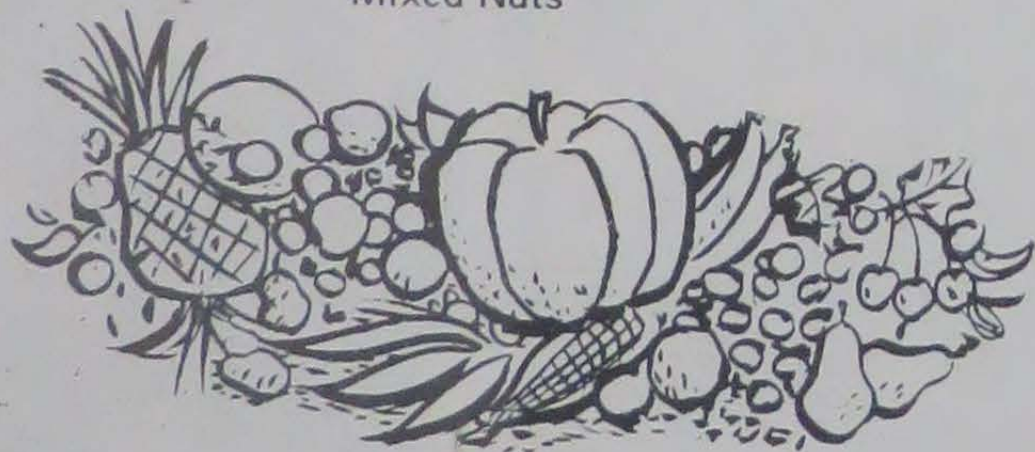
Protestant — 1030

Other:

The Jewish Rabbi visits the hospital on call. For appointments call EXT: 2251.

THANKSGIVING MENU 1976

Fresh Fruit Cup	Chilled Tomato Juice
French Onion Soup	
Croustons and Parmesan Cheese	
Tossed Green Salad	Assorted Relishes
ROAST TOM TURKEY	
Giblet Gravy	Cornbread Dressing
BAKED FRESH HAM	Cranberry Sauce
Fruit Sauce	Spiced Crab Apple
CRISPY FRIED PRAWNS	
Tangy Tartar Sauce	
Candied Yams	Fresh Garden Peas
Snowflake Potatoes	Whole Kernel Corn
Oven Fresh Dinner Rolls	
Apple Pie a la Mode	Assorted Sherbets
Pumpkin Pie with Whipped Topping	
Coffee	Tea
Mixed Nuts	Milk



TURNUP CHAMPION

In the office of the Commanding Officer, Wednesday Morning, 10 November, Irwin Memorial Blood Bank commended LCDR Phyllis I. Warren for her consistent outstanding work in recruiting during our recent blood donor drives. Ms. Lisa Cater, from Irwin gave LCDR Warren a Certificate of Recognition as TURN UP Champion. Your blood is a precious gift. It can be shared easily. Our next Donor drive is 7 December. To make your appointment call 2283! Won't you TURN UP?

Reenlistments

HM1 James M. Enzman, Medical
Repair
HM1 James T. Hardy, P.M.T.
School
HM2 Vicki A. Murphy, EEG
HM3 Tomas M. Rosal, Laboratory
Service
HN. Buenaventura G. Tumpalan,
Operating Management
HN Noel Anihin Gaspar, Fire House



Happy Thanksgiving

G.I. Bill Benefits are increased

There have been some changes made! The Congress has passed and the President has signed a new law that brings about three important changes:

- G.I. Bill educational benefits are increased by 8% in money and by 1 academic year in maximum entitlement, from 36 to 45 months.

- The current G.I. Bill eligibility is terminated for those recruited after December 31, 1976. The final date for all—in or out of uniform to complete their use of these benefits is December 31, 1989.

- A totally new approach to Veterans' Educational Assistance (VEA) for 1977 is established. This involves monthly contributions by the Service member and 2 to 1 matching funds by the government into the member's Veterans Administration account for education.

Exchange announces holiday hours

The Navy Exchange Retail Store and Mini-Mart at NRMCO will extend hours for the Holiday Season beginning Saturday 27 November 1976. Saturday hours will be:

Retail Store	0900-1500
Mini-Mart	0900-1530

what...

Right in front of the main bank of elevators on the third floor is a box. It is the Special Services Suggestion Box and it is there for you to use. Tell them what you like, or what you don't like. Remember their purpose is to serve you.

The O' Club on New Year's Eve

How about celebrating New Year's Eve at the O' Club? There'll be dinner of roast prime rib, complimentary champagne, and dancing to the big band sound of Johnny Vaughn. LTJG Robinson promises to have hors d'oeuvres and favors for everyone, and, breakfast! The cost—a mere \$15 per person. Staff officers make your reservations now. This party to welcome the New Year is limited to only 175. Remember, December 31 from 8 until 1. We'll be looking for you!



Movie Schedule

Wednesday, November 24
SWASHBUCKLER — Robert Shaw, James Earl Jones—Adventure Drama (PG)

Thursday, November 25
No Movie

Friday, November 26
HUTO THE HIPPO—Animated—Fantasy (G)

Saturday, November 27
THE PEDESTRIAN — Gustav Seelner, Peter Hall—Drama (PG)

Sunday, November 28
HARRY IN YOUR POCKET — James Cagney, Michael Serrazin—Drama (PG)

Monday, November 29
ACE ELI AND RODGER OF THE SKIES—Cliff Robertson, Eric Shea—Comedy/Drama (PG)

Tuesday, November 30
BUFFALO BILL AND THE INDIANS or SITTING BULL'S HISTORY LESSON—Paul Newman, Burt Lancaster—Western (PG)

Wednesday, December 1
THE RETURN OF A MAN CALLED HORSE—Richard Harris, Gale Sondergard—Western (PG)

Thursday, December 2
BREAKING POINT—Bo Svenson, Robert Culp—Action Drama (R)

Friday, December 3
THE GREAT SCOUT AND CATHOUSE — Lee Marvin, Oliver Reed—Action Comedy (PG)

Saturday, December 4
MITCHELL—Joe Don Baker, John Saxon—Action Drama (R)

Sunday, December 5
SCARECROW—Gene Hackman, Al Pacino—Drama (R)

SKI TRIP LEADERS NEEDED

The Central YMCA, 220 Golden Gate Ave., will be sponsoring a Leadership Training Weekend December 3-5 for adults (18-35) who want to work with the small groups of people who will be signing up for the Y's Young Adult (18-35) ski trips this winter. Leaders get to go on the ski trips free. For more information call Greg O'Brien at the Central Y: 885-0460.



Naval Regional Medical Center, Oakland, on October 19, 1976, Michael Steven Peterslie, 10 pound 7 ounce son of Mary Regina and HM3 Roddy S. Peterslie. On October 21, 1976, Paul Raymond Barthel, 5 pound 12 1/2 ounce son of Diana Lucy and LCDR Richard Barthel. On October 21, 1976, Matthew Peter Stewart, 7 pound 13 ounce son of Marilyn and DT 3 Daniel J. Stewart. On October 21, 1976, Jennifer Rebecca Barzyk, 7 pound 14 1/2 ounce daughter of Patricia and LCDR P. Barzyk. On October 24, 1976, Sean Zachary Solomon, 7 pound 4 ounce son of HM3 Brenda and HN Marvin L. Solomon. On October 27, 1976, Tiffany Lynn Johnson, 7 pound 4 1/2 ounce daughter of Susan Linda and HM3 Robert R. Johnson. On November 1, 1976, Matthew Larry Studinsky, 7 pound 11 ounce son of LT Phyllis Ann and Mr. Larry G. Studinsky.



The 31st of October was Halloween. During their morning break on that day, costumed Word Processors paraded through Patient Affairs Office, Urology Clinic, Radiology Service

and went trick or treating down the Laboratory Hall, quickly steering port when they came upon the Friday Inspection Party.

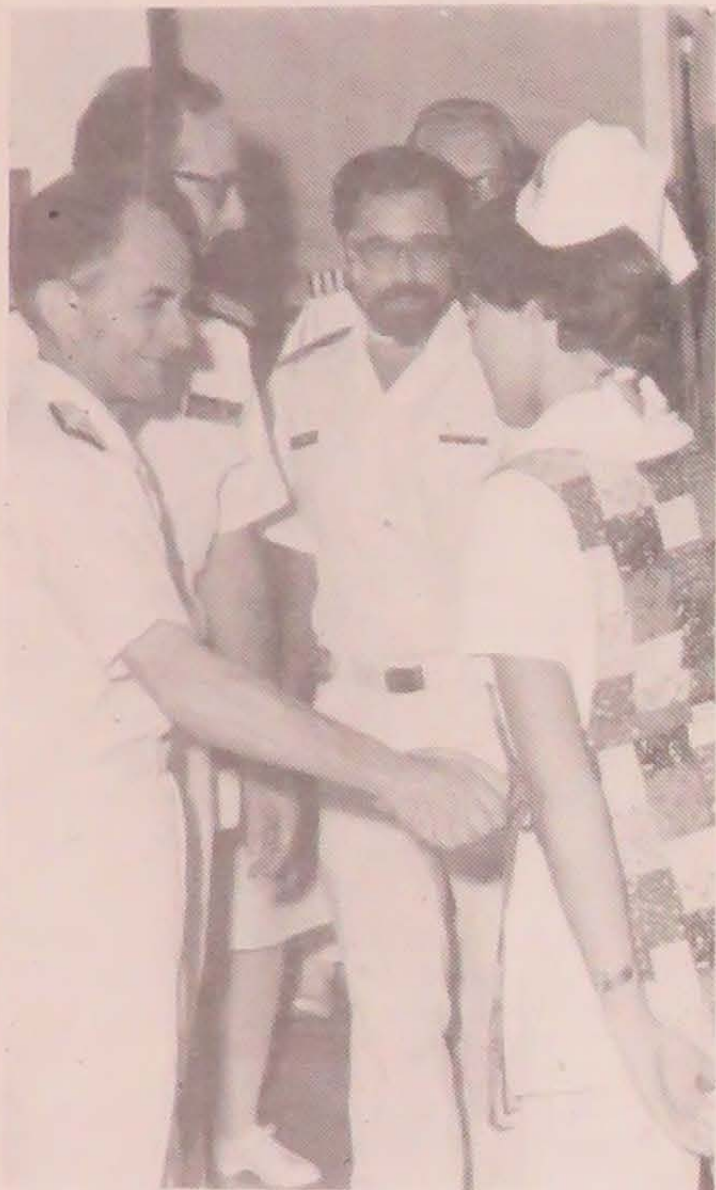
THE OAK LEAF

Vol. 38, No. 22 23

Naval Regional Medical Center, Oakland

Monday, December 6, 1976

Surgeon General Visits NRMCO



LTJG Leslie Ingersoll greets VADM Arentzen, RADM Sparks, CDR Lewis and CAPT Davis at the Hemodialysis Clinic door.

On November 15 and 16, Naval Regional Medical Center, Oakland, enjoyed a visit by our new Surgeon General, VADM Willard P. Arentzen, MC, USN. VADM Arentzen's stay here was necessarily a short one. The well planned itinerary provided a base for the first time for our Surgeon General to see firsthand this Medical Center and some of the adjoining Medical Branch Facilities; Mare Island, our newest facility Moffett Field and NRMCO Treasure Island. VADM Arentzen saw both military and civilian personnel doing the day to day work of a first line health care facility.

One of his major concerns is continuing attention to keeping patient stay to a minimum; returning to active duty as soon as possible.

At a luncheon for Medical Center Department heads VADM Arentzen outlined the challenges that face us all currently. Later at a reception he found time to meet with members of NRMCO staff socially.

During his visits to some of our outlying branches he identified areas of challenge to enhance patient care.

The members of this center appreciated the time the Surgeon General was able to spend with us.

ΕΙΝΑΙ ΜΙΚΡΟΣ ΚΟΣΜΟΣ ...it's a small world

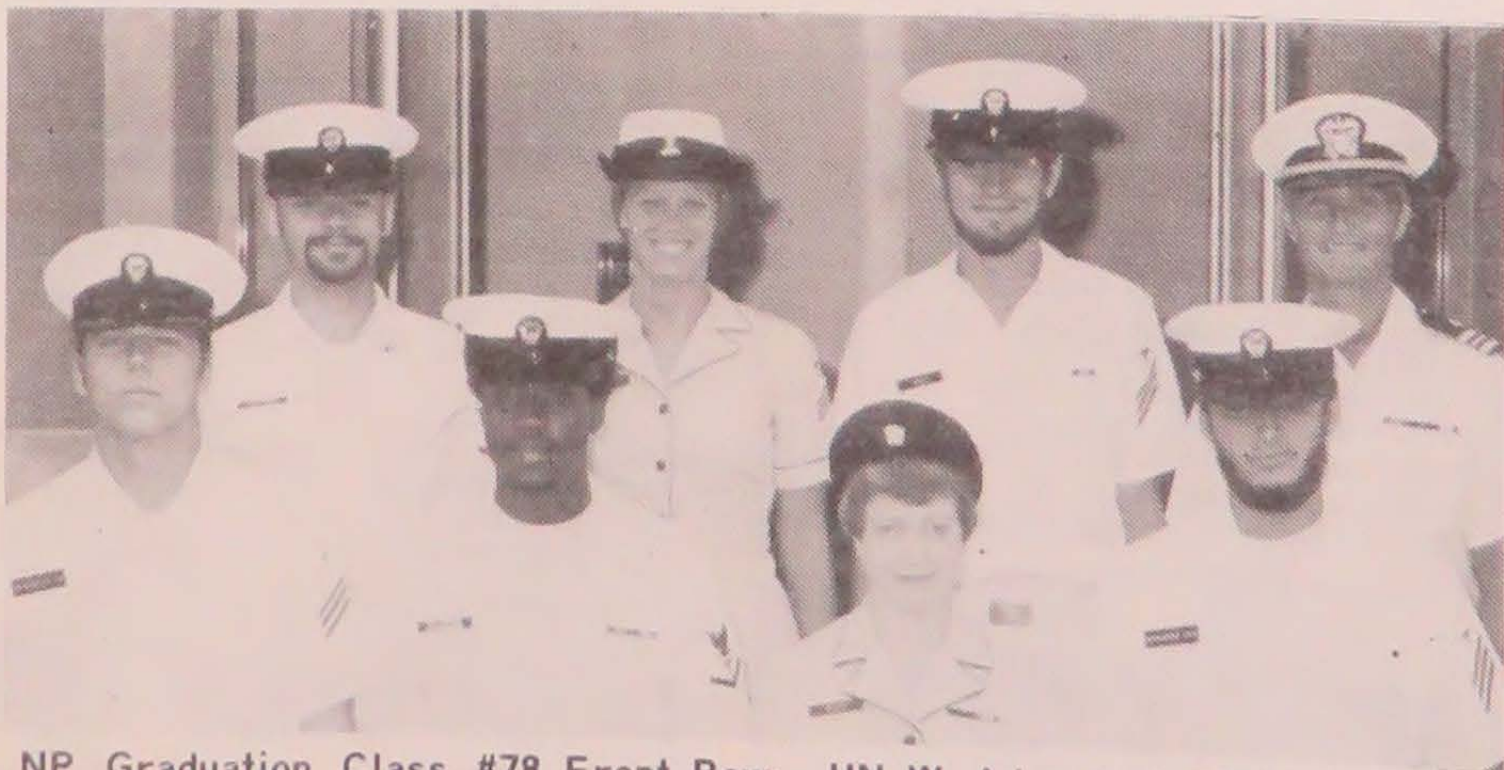
In January 1976, LT Nikolas Skyvalos was on duty with NATO. His responsibility was with the Border Patrol along the borders of Bulgaria, Yugoslavia, Albania and Greece. The mountainous countryside was barren and cold. Yet it was necessary to patrol every section of the border by foot. When his advance scout returned breathlessly to announce there were suspicious movements around the next hill, LT Skyvalos was alarmed. He rose to investigate and then it happened. A sniper's bullet rang out and met its mark. Through and through his lower abdomen it went and LT Skyvalos fell. He was only three feet from the border, and in falling activated a land mine which cost him his legs.

LT Skyvalos spent the next 3 1/2 months in the hospital, mending and regaining his strength. His wife, the lovely Helene, was at his side throughout his convalescence. Then came the challenge of learning to walk again. Through NATO prostheses were manufactured in a European country and were sent to Greece with a technician for fitting and instruction. These proved to be far too heavy and cumbersome and painful to use. Skyvalos was able to choose where he would go within NATO countries, to have new legs made. His choice was the United States. It was recommended that he be fitted at the Naval Prosthetics Research Laboratory, Naval Regional Medical Center, Oakland. Incidentally, the Greek Government is paying the expenses of his hospitalization and transportation.

In the early hours of October 18,



CDR C.M. Belezos our Assistant Chief Nurse was on hand to interpret when he and Mrs. Skyvalos arrived. Thereafter, CDR Belezos and Mrs. Kathy Taylor, Decedent Affairs Office, shared the responsibility of communicating for the patient and staff. All who worked with the Greek couple marvel at the warmth and love their personalities radiated. LT Skyvalos sent Helene home to Greece to wait for his return... so she will only worry about when she is to see him again, for "she is my life, my love, my hope, my soul." In spite of the language barrier, LT Skyvalos' attitude has been positive. He has been willing and determined to walk again on his new legs. Now he claims he is Greek-American... with a Greek body and American legs. During his stay here he and LT Renish Patient Affairs discovered they shared not only a taste for Greek coffee, but also similar tastes in literature. Both CDR Belezos and Mrs. Taylor have relatives in Greece with whom he is acquainted. Indeed, it is a small world.



NP Graduation Class #78 Front Row: HN W. Adamczyk, HM2 M. Walker (enlisted NP Instructor). LCDR J. Wilke (Nursing Instructor), HN H. Quiñones. Back Row: HM3 R. Kautzman, HN Diane Froendhoff, HN F. Mills, LCDR A.R. Rodriguez (Clinical Director).

A Trend in Psychiatric Nursing



Instructor: Corrine L. Hatton, Assistant Dean of Student Affairs, UCLA School of Nursing.

First Row R to L: LT Dorothy E. Fondren and LT Linda S. Wohler from NRMCO, Oakland.

2nd Row R to L: ENS Lana C. Billinder from NRMCO Corpus Christi, LT Kathleen L. Patasky and ENS Joseph C. Leblanc from NRMCO Long Beach and LTJG Mary K. Clancy from NRMCO Oakland.

On Monday, November 8, 1976, 30 Navy Nurses from the West Coast gathered at the Naval Regional Medical Center, Oakland for a five day conference entitled 'A Trend in Psychiatric Nursing.' This week-long session was the first event jointly sponsored by the Naval Health Sciences Education and Training Command and this Center. The content of the conference was developed with assistance from the Center's psychiatric and education departments. Using stress as the central theme, the lecturers focused on everyday coping strategies, alternative ways to cope (relaxation therapy and biofeedback), psychosocial changes that increase stress and how an individual may respond maladaptively through psychosomatic illness, child abuse, alcoholism, depression and suicide. The last two days of the conference centered on how nurses, as professionals can intervene effectively. The tool, crisis intervention theory and methodology, was introduced and ex-

plored. California Board of Registered Nursing granted 30 hours of Continuing Education to the participants of this program.

The majority of the speakers were members of our own psychiatric and nursing staff, but two nationally known lecturers also participated: CAPT Richard R. Rahe of the Naval Research Center in San Diego and Corrine L. Hatton, RN, MS, Assistant Dean at UCLA School of Nursing.

The participants concentrated on integrating new theories and exploring possible applications to their individual work settings. The Program Coordinator, LCDR Karen A. Rieder, reported that the seminar was extremely successful. The evaluations written by the participants confirmed this and repeatedly stressed the practical implications of the material. The Command can be justifiably proud of this well organized, dynamic conference.

Divine Services

PROTESTANT

Sunday Worship:

Chapel of Hope 10:30 a.m.

Holy Communion:

First Sunday of each month following worship service.

CATHOLIC

Sunday Mass:

Chapel of Hope 8:30 a.m.

Clinical Assembly Noon

Daily Mass:

Chapel of Hope Noon

Holy Days of Obligation:

Chapel of Hope Noon Mass

Wedding and Baptisms for Catholic or Protestant Ceremonies:

By appointment.

The Jewish Rabbi visits the hospital on call. For appointments call ext: 2251.

Red Cross News

by Bill Hattwick

The national and regional presidents of the Fleet Reserve Association's Women's Auxiliary were recent guests of NRMCO's Red Cross office for a tour of NRMCO.

Touring the hospital were Mrs. Evelyn Harris of Norfolk, VA, national president of the auxiliary, and Mrs. Fran Barker of San Leandro, regional president of the Oakland-San Leandro chapter. Escorting them through the hospital's facilities were Mrs. Ruth Haberman, national chairman of hospitals for the Fleet Reserve, and Mrs. Mary Passanisi. Both Mrs. Haberman and Mrs. Passanisi are Red Cross volunteers here at the Center.

The Fleet Reserve is a large organization of active duty or retired enlisted members of the sea services (Navy, Marine Corps or Coast Guard) representing some 128,000 members. The Women's Auxiliary has a membership of nearly 20,000 and is composed of members' wives or women who served in the sea services.

The purpose of the Fleet Reserve Association is to actively support benefits for members of the sea services. Emphasizing its objectives of loyalty and service to our country and protection of rights for servicemen and their dependents, the association and its auxiliary work closely with the government in Washington and the Veterans Administration concerning benefits.

The Fleet Reserve Auxiliary is active in volunteer work in areas benefitting members of the sea services. And, in areas where the Red Cross is involved with service hospitals, such as here at the Center, The Red Cross and Fleet Reserve cooperate in assisting each organization in promoting volunteer activities.



NRMCO Red Cross volunteers and Fleet Reserve officials who toured the hospital recently are shown in the Red Cross building lounge. Seated are (left) Mrs. Evelyn Harris of Norfolk, Virginia, National President of the Fleet Reserve Auxiliary; and Mrs. Fran Barker, Oakland-San Leandro Fleet Reserve Chapter President. Standing, from left, are NRMCO Red Cross volunteers Mrs. Jean Miller, Mrs. Ruth Haberman (who is also National Chairman of Hospitals for the Fleet Reserve), Mrs. Lois Trumbull and Mrs. Mary Passanisi.

NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

RADM Henry A. Sparks, MC USN,
Commanding Officer
CAPT Victor M. Holm, MC, USN,
Director of Clinical Services
CDR Hubert H. Sowers, MSC, USN,
Director of Administrative Services
LTJG R. B. Brown, Public Affairs Officer
Editor: Jan Albertson

Photography: HMC S.L. Spring, HM2 T.J. Town, HM3 D.M. Manley, HN W.H. Hawkes, HN Sunny Lodispova

THE OAK LEAF is a semimonthly publication produced commercially with appropriated funds in compliance with NAVEXOS P-35, Rev. Jan. 1974. Opinions contained herein are not official expressions of the Department of the Navy.

THE OAK LEAF receives American Forces Press Service and NAVY NEWS material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of THE OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.

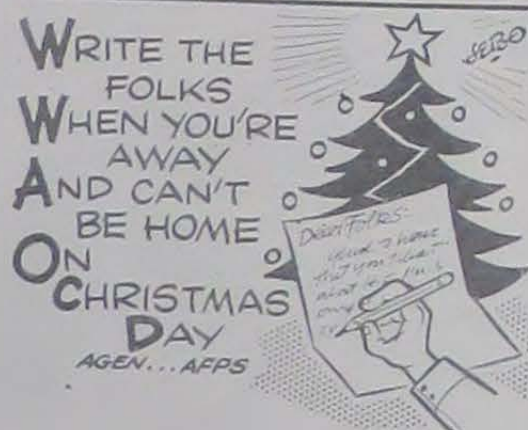


They kid you not. . .

It was a gray day. In fact, November 11, was not only gray; it was cold and wet too. But, this was the day reserved by Dan Robinson, National Service Committee Chairman of Alameda Elks Lodge #1015, the day reserved to take NRMCO patients fishing on the bay. And so they went!

HMC George Canning, Special Services Entertainment Coordinator, gathered together foul weather gear, extra jackets and windbreakers. Twelve patients and three escorts from Oak Knoll met the sponsors from the Elks at Berkeley Pier. Indifferent to the rain and cold, they boarded the chartered fishing vessel, "Wild Waves" bound for Sausalito for bait. The best bait to use was live minnows. The knowing skipper covered the hot spots of the bay as far as hungry fish were concerned. They cruised around Tiburon, slipped through Raccoon Strait, trolled by Angel Island and sought out that special place by Yerba Buena Island. Those cold, wet, tired, happy fishermen tell us, and we'd better believe it, that they brought home 23 fish. Yes, twenty-three 3 to 6 pound (best size for eating), stripped bass. Some were taken home to families; others were kept with plans made for a near future fish-fry.

Rhymes of the Times



Civilian Payday on Blue Monday

The Naval Supply Center, Oakland, who processes the payroll for the Naval Regional Medical Center has announced that plans have been developed to change civilian payday from Friday to Monday effective 10 January 1977.

For employees who participate in the net pay to bank program, the computer listings will be mailed on Friday or hand carried to the banks in the vicinity of NSC Oakland. The large local banks with centralized computer files will credit the employees accounts on Friday night, and the account holder can write checks as of Saturday morning.

Some good news comes in the announcement. The regular payday during Christmas week has been advanced to Thursday December 23.

7-East Curtains

Often we get a telephone call from the USS Enterprise Wives, says Nurse Virginia Willis. They ask what they can do for us. This last time I merely suggested new curtains for the playroom for the children on 7 East. Those ladies not only made the curtains, but took them out and had them flame-proofed before they brought them to us. Now we have Sunbonnet Sues and Farmer Johns parading across a gold and green patchwork curtain.



Christmas Party

To start your celebration of the holiday season, a Christmas party is planned for enlisted personnel on December 17 from 1900 to 2100 at the Officers' Club. There will be prime rib dinner from 1900 to 2100 and dancing from 2100 to 0100. Tickets for dinner and dance are only \$5 per person. If you would like to come for the dance only, tickets are \$1 per person. You may get your tickets now from HM1 Chinnery in the Career Counselor's Office or through Special Services in Building 38 or through any of the following salesmen:

HM2 T. Town—Photo Lab, HM2 C. Tilton—Education and Training, HM2 T. Noyes—Operating Room, HM3 R. Catabay—Personnel, HN L. Guerra—EKG, HN E. Uhlig—Outpatient Department, HM3 S. Elam—Inhalation Therapy.

New Year's Eve at the ENLISTED MESS!

Greet the New Year with your friends at the Enlisted Mess. Manager Jim Rosen plans a New York Steak full course dinner and before going home, a substantial complimentary breakfast. There will be champagne and wine and, of course, no-host cocktails. Space is limited. In fact, we can accommodate only 120. So make your reservation early; cut off date for tickets is 16 December. Oh yes, the cost is only \$15 per person. . . a real bargain.

On the Bookshelf

Popular Reading at
the Crew's library

ROOTS is now the nation's number one best seller. Alex Haley's search for his ancestors began with just tales handed down from his slave great grandfather and the journey ended in 1974 when he found his relatives in Africa—a moving story. THE THIRTEENTH TRIBE by Arthur Koestler is another search into history—tracing Jews of Eastern European and Russian areas to Arab ancestry the Khazars. Most of the national best sellers and many other new books are currently in the Crew's Library.

PARA-MEDICAL: A new collection of medical books at the undergraduate level has been started and is available to all. A cross-section of titles: THE MASK OF SANITY; PREGNANCY, THE PSYCHOLOGICAL EXPERIENCE; MOTOR DEVELOPMENT IN EARLY CHILDHOOD; FOOD VALUES OF PORTIONS COMMONLY USED; EMERGENCY CARE; MAYO CLINIC DIET MANUAL. . . and more. Come in and browse or call to reserve a book, Extension 2220.

Safety News

Safety Manager Matt Riley reported the Federal Safety and Health Council met in November at Casa De La Vista, Treasure Island. Program topics included: Environmental Health-NIOSH, Enforcement of 55 MPH speed limit, California Highway Patrol and Anatomy of Federal Safety and Health Program by the Department of Labor.

Transition Quarter Statistics

Early in November, Assistant Secretary of Defense (Manpower and Reserve Affairs) David P. Taylor announced Transition Quarter Statistics. The total active strength of the four Military Services at the end of September 1976 was 2,084,000 which was more than 99% of the September objective of 2,102,000. Recruiting shortages were due in part to the continued emphasis on recruiting high school diploma graduates.

CUT WINTER DRIVING
IN HALF...







Personnel in the Spotlight



Operating Room Technician 76-06

Top Row: L to R: R. Schwartz, M. Bruce, J. Wilson, J. Dumas, J. Long, K. Bowdry, F. Compian, D. Sutera, R. Wohlers. Bottom Row: L to R: V. Holm, Director of Clinical Services, S. Peters, ORT Instructor, R. Deaner, Chief of Surgery, B. Glass OR Nurse, J. Thompson, Chaplain, D. Davis, ORT Instructor.



CDR Belezos wishes Mrs. Marion Fahy well on her retirement.

CIVILIAN AWARDS

For 30 years of service

James Wrighting—Treasure Island Clinic

Sam Horton—NAS Alameda Clinic

Lewis Whittington—Housekeeping

William Mainieri—Supply

John Gilbert—Food Service

Roberta Maloney—Civilian Personnel

Boyd Conyers—Food Service

James Barnes—Food Service

For Outstanding Performance

Helen Koetitz—Legal Office



CAPT Zabel congratulates LTJG Willis on her promotion.



Roberta Maloney and Bill Whittington receive 30-year service awards from RADM Sparks.

GOOD CONDUCT AWARD

Marguerite Yvonne Kick, HM3
John Reed Rainer, HM3



CDR McGuire proudly wears new shoulder boards.



NPRL Phil Harkov stands by while Tony Graham receives letter of appreciation from CAPT Drips.

Human Relations

A cross-section of military and civilian personnel making up different ages, races, ranks, rates and sexes are the members of the Human Relations Council at Naval Regional Medical Center, Oakland.

Are there conflicts or tensions in your department? Are you aware of dissention or existing discrimination? Have there been incidents that warrant investigation?

Any member of the NRMCO staff, either military or civilian, or any patient of the center may contact a member of the Human Relations Council. The council will investigate and make recommendations to the Commanding Officer for appropriate action.

CAPT G.A. Conkey, MC, USN	2261
LCDR G.S. Windham, MSC, USN	2027
HMCM C. Axworthy, USN	2263
LT Y. Kato, NC, USN	2312
MR. W. Miles, DEEO	2554
MS. Edna Hudson	2374
HM3 M. Walker, USN	2311
HMC F. Neal, USN	2017
SM1 S. Martin, USN	2411
LCDR M. Moy, MSC, USN	2467
HM2 M. Morrill, USN	2271



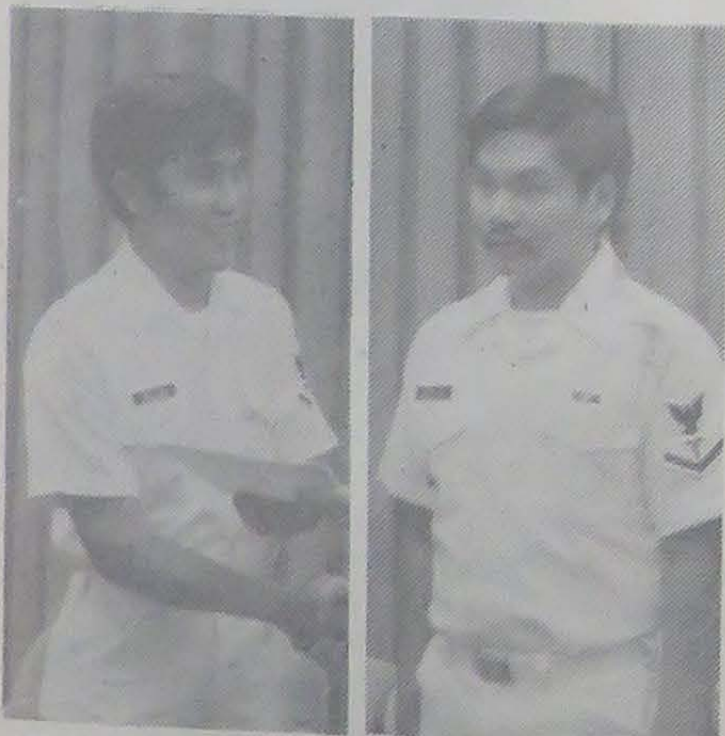
Physician Assistants Baker and Douglas are commissioned Chief Warrant Officers.



S.L. Spring advances to HMC



Advancements to Second Class
L to R L. Mokris, C. Turner, R. Fredendahl, J. Diehl, S. Raab



HM3 Leal from 9-West and HM3 Rosal from the Laboratory Reenlist.

Our New PO3's



Johnson, Ignacio, Genninger, Guerra, Greminger, Engelking, Gaspar, Fox, Garber, Taylor.



Ogaard, Ortiz-Luis, Palmer, Paje, Pownell, Roman, Rose, D. Rose, Stevenson, Deguzman, Summaria.



Villanueva, V. Velasco, M. Velasco, Uhlig, Tampalan, Narciso, Mundt, McGahan, Wall, Wallace



Walker, Jones, Emmons, Jackson, Wentworth, Carswell.

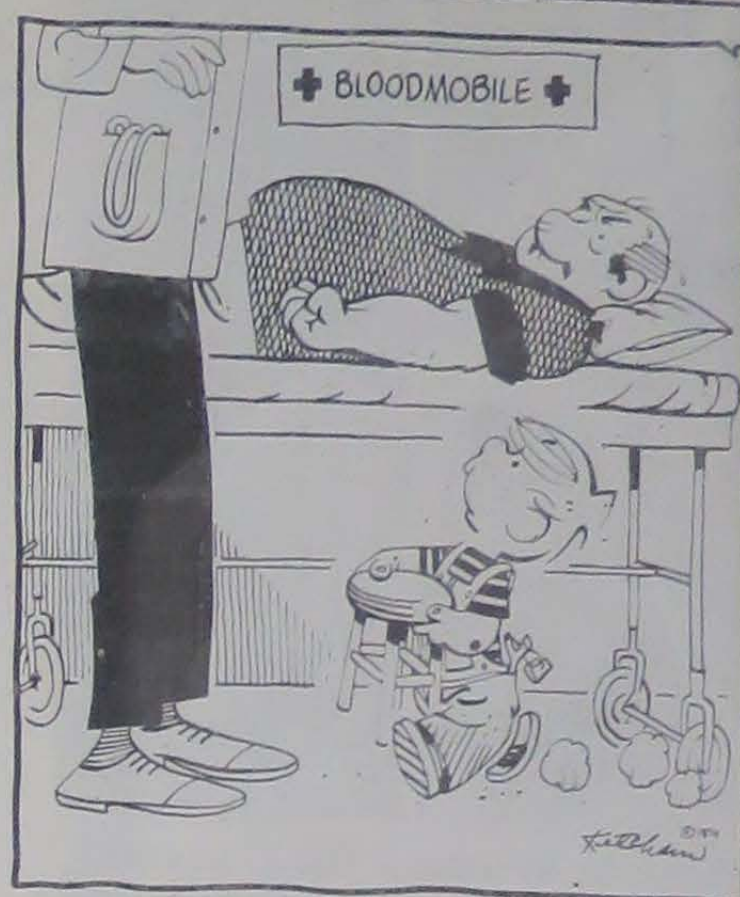


Donahue, Elam, Doty, Davila, Chan, Casey, Bell, Cadiz, Bement

New contracts went into effect on November 15 for processing claims submitted from California and Nevada under the Civilian Health and Medical Program of the Uniformed Services (CHAMPUS). CHAMPUS claims for care in California and Nevada should be sent to California Physicians Service, San Diego, CA 92138. Each state has been assigned to its own box number. If you are treated in California, use P.O. Box 85020 in the above address. If, however, you reside and are treated in Nevada, use P.O. Box 85023.

The Department of Defense has reminded beneficiaries that December 31, 1976 is the deadline for submitting 1975 claims under the Civilian Health and Medical Program of the Uniformed Services (CHAMPUS). Any claim for care received between January 1, 1975 and December 31, 1975 that is not submitted by the deadline cannot be paid.

According to DOD policy in effect since January 1, 1974, the deadline for submitting a CHAMPUS claim is the last day of the calendar year following the calendar year in which a service or supply was provided.



* IF YOU'RE GONNA STICK A NEEDLE INTO MR. WILSON... CAN I WATCH? *

OFFICERS REPORTING

CAPT Richard J. Grisius, DC
CAPT Neil V. White
CDR Loren D. Accord, MSC
CDR John S. Hardy
CDR Benjamin F. Kepley, DC
CDR Ernest E. Kundert
CDR Michael D. Stenberg
LCDR Joseph M. Andrus
LCDR Daniel M. Feldman
LCDR Stephen L. House
LCDR John R. Howard
LCDR Charles R. Hudson
LCDR Michael J. Laflin
LCDR Wm. G. McManus, CHC

LCDR Thomas J. O'Neill
LCDR James D. Pareso
LCDR Mark A. Posner
LCDR Charles P. Stillwell
LCDR Larry A. Widman
LT Harold K. Agner, Jr.

LT C. Ballard, NC
LCDR Jack W. Bartlett, MSC

LT Richard Bohjanen
LT John D. Derr, MSC
LT W. Marlin Hicks, MSC

LT Paul W. Hiller, CEC
LT Richard Ho

LT Thomas P. Mooneyham, DC
LT M. Murphy, NC

LT B. Schupeltz, NC
LT K. Stallworth, NC
LTJG D. Anderson, NC
LTJG C. Carleton, NC
LTJG D. Smith, NC
LTJG E. Strode, NC
ENS R. Adams, MSC
ENS R. Carroll, MSC
ENS P. Andersen, NC
ENS A. Aughney, NC
ENS M. Elkins, NC
ENS N. Falkenstine, NC
ENS C. Ferrell, NC
ENS D. Finn, NC
ENS T. Goselin, NC
ENS D. Guthridge, NC
ENS J. Helleckson, NC
ENS T. Heron, NC
ENS J. Quindag, NC
ENS J. Ruymen, NC
ENS J. Smith, NC
ENS B. Spokes, NC
ENS S. Stoyer, NC
ENS L. Talbert, NC
ENS L. Thompson, NC
ENS M. Vance, NC

FROM
NNDC Bethesda
USNH Taipei
BUMED
NRMC Naples
NRMC Guam
NRMC Guam
USS Midway
NAS Pensacola
NRMC Portsmouth
USS Oriskany
NH Quantico
3rd MARDIV Okinawa
NNMC Bethesda
Marine Corps Log.
Support Base Georgia
NRMC Portsmouth
USS Ranger
NNMC Bethesda
Tulsa, Oklahoma
Pensacola
USS Bainbridge

NRMC San Diego
NNMC Bethesda
USS Niagara Falls
NNMC Bethesda
NRMC Barbers Point

PWC San Francisco
3rd MARDIV Okinawa

LSU New Orleans
Guam

[illegible]

TO
Dental
Br Clinic Monterey
Psychiatry Service
Internal Medicine
Dental
Surgery
Psychiatry
Psychiatry
Internal Medicine
Surgery
Br Clinic Alameda
Psychiatry
Anesthesiology
Psychiatry

[illegible]

SAVE LIFE

Our goal for this Blood Drive through Irwin Memorial Blood Bank, is 300 volunteers. So said LCDR Phyllis Warren of NRMCO Laboratory. There is a special need during the holidays. . .any blood taken during this last campaign of the year will last to cover anticipated needs during the holiday season.

Be sure you reserve time on the 7th of December to take care of your contribution. Make a deposit in the 12th Naval District Blood Fund. You may make an appointment any time between 0800 and 1600 by calling 2283. Or, just walk in and take your turn. What are your benefits? Well, in addition to the feeling of compassion toward your fellowman, you may, if you are military and your supervisor approves, be granted a 72 hour liberty. If you are civilian, at the discretion of your supervisor, you may take as much as four hours leave. In addition, three donors will be chosen from the staff to use the reserved parking space for four weeks each. Ten students are also eligible for three games of free bowling at the drawing.

Monday, December 6

SHEBA BABY—Pam Grier, Austin Stoker, Action Drama (PG)

Tuesday, December 7

MOTHER, JUGS AND SPEED — Raquel Welch, Bill Cosby, Action Drama (PG)

Wednesday, December 8

CHINO—Charles Bronson, Jill Ireland. Western (PG)

Thursday, December 9

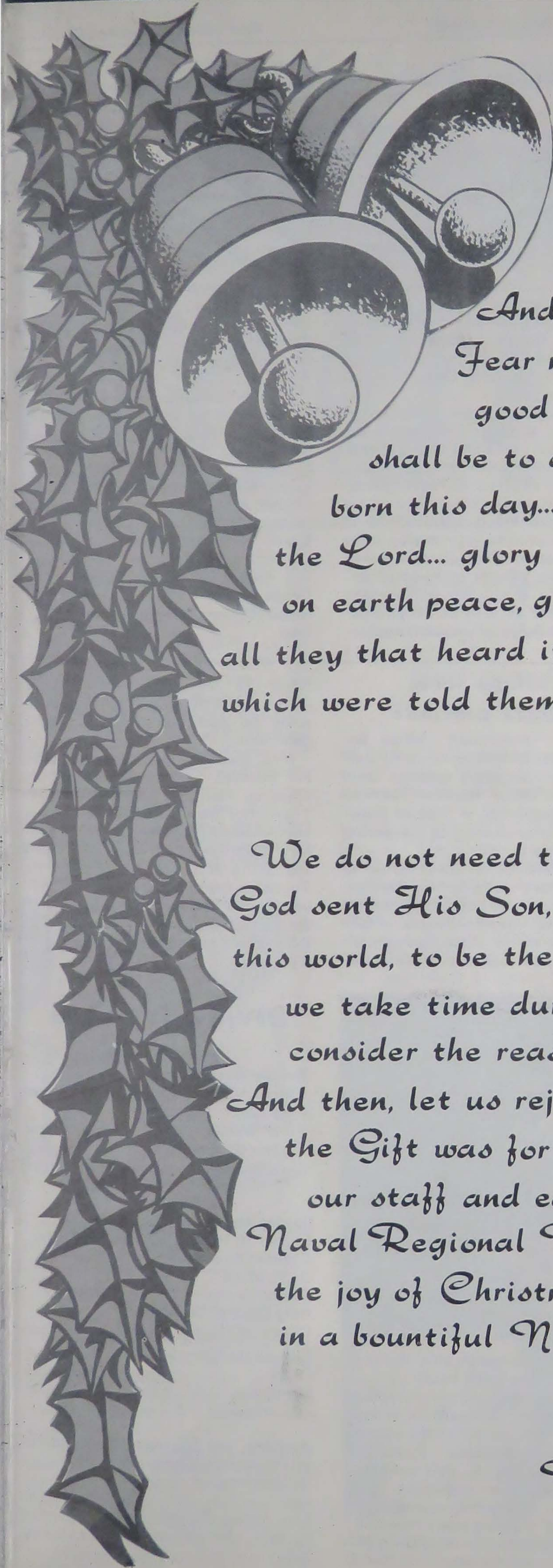
THE TENANT—Roman Polanski, Isabelle Adjani, Drama (R)

Friday, December 10

WIFFS—Elliott Gould, Jennifer O'Neill, Comedy (PG)

Saturday, December 11

BLACK CHRISTMAS—Olivia Hussey, Keir Dullea, Suspense Drama (R)



The OAK LEAF

Vol. 38 No. 23²⁴ Wednesday, December 22, 1976
Naval Regional Medical Center, Oakland

*And the angel said unto them,
Fear not: for, behold, I bring you
good tidings of great joy, which
shall be to all people. For unto you is
born this day... a Savior, which is Christ
the Lord... glory to God in the highest, and
on earth peace, good will toward men... And
all they that heard it wondered at those things
which were told them.*

Luke 2:10-18

*We do not need to wonder, for we know that
God sent His Son, the Prince of Peace into
this world, to be the Savior of mankind. May
we take time during this holiday season, to
consider the reason, the cost, and the Gift.
And then, let us rejoice in the realization that
the Gift was for us. I wish each member of
our staff and each of our patients here at
Naval Regional Medical Center, Oakland,
the joy of Christmas, and the hope of peace
in a bountiful New Year.*

*H.A. SPARKS
RADM, MC, USN
Commanding Officer*

It is our privilege

During the last month one of our staff endured the painful tragedy of the sudden illness and death of his young wife, the mother of his children. Another staff member experienced the loss of all of her accumulated household goods through a fire in her home in Enlisted Housing. There came to us a stranger who needed the help provided by the specialists in NPRL.

How do we prepare for catastrophes? They happen. It does not matter whether we are ready or whether it is a convenient time.

We were able to provide the shoulder to cry on; the home for the homeless; care for children; the funds in the emergency; even such mundane supplies as towels. We offered compassion, stability, strength, understanding, encouragement, hope.

In the midst of his bereavement HMCS Leroy R. Ward wrote to say thank you. HM2 Mary Morrill wrote to express her gratitude. Greek Major Nikolas Skyvalos of NATO Forces offered heart felt thanks.

No, it is not our duty. Here at Naval Regional Medical Center, Oakland, we count it a privilege to care, to help, to serve.

NAVAL REGIONAL MEDICAL CENTER OAKLAND, CALIFORNIA

RADM Henry A. Sparks, MC USN,
Commanding Officer

CAPT Victor M. Holm, MC, USN,
Director of Clinical Services

CDR Hubert H. Sowers, MSC, USN,
Director of Administrative Services

LTJG R. B. Brown, Public Affairs Officer

Editor: Jan Albertson

Photography: HMC S.L. Spring, HM2 T.J. Town, HM3
D.M. Manley, HN W.H. Hawkes, HN Sunny Lodispoto

THE OAK LEAF is a semimonthly publication produced commercially with appropriated funds in compliance with NAVEXOS P-35, Rev. Jan. 1974. Opinions contained herein are not official expressions of the Department of the Navy.

THE OAK LEAF receives American Forces Press Service and NAVY NEWS material.

Audiology Techno

train at NRMCO

On November 29, 30 and December 1, 1976, the Audiology and Speech Pathology Service, Department of Otolaryngology and Maxillofacial Surgery, NRMCO trained 14 occupational hearing conservationists by the Council for Accreditation in Occupational Hearing Conservation. In addition this course qualifies them for two quarter units of college credit from California State University, Hayward, Department of Health Sciences.

The problem of noise related hearing loss is of major concern in the Navy today. Trained Occupational Hearing Conservationists are indispensable to an effective hearing conservation program.

The course included an overview of the occupational noise problems in the Navy, the harmful effects of noise on man and the effects of hearing impairment on ability to communicate. The physical as well as the psychological attributes of sound, the audio-

gram and the decibel were discussed. Further lectures focused on the anatomy and physiology of the ear as well as audiometric techniques and evaluation of test results.

Those completing the training course were: Lorraine Allen and Frank Willis of NARF Alameda, HM3 Richard Bruglia and HN Robert Hirsch of NSC Oakland, HM3 George Lindsey of NAS Fallon, HN Edwin Montoya of NAS Moffett Field, SSGT Louis Goldman of AFEES Oakland, HN John Larnard from Treasure Island, HMCS LeRoy Ward, HM3 Pete Stuntebeck, Nancy Strom, ENS Steve Sorgen, and HM2 J. Fowler of NRMCO.

Faculty members included CAPT. T. Markham, Commanding Officer, NAVENVIRONHEALTHCEN, Cincinnati, Ohio, F.J. Foster, Industrial Hygienist, Occupational Health Services NRMCO, CAPT T.F. Miller, Chairman, Department of Otolaryngology and Maxillofacial Surgery and Board Certified Occupational Hearing Conservation Program Instructors D.S. Porter, C. E. Fankhauser, S. C. Fulghum and T. W. Loyborg, all of Naval Regional Medical Center Oakland.

College level classes continue

Civilian Personnel office announces that 61 employees have satisfactorily completed college level courses in either Medical Terminology, Psychology of Human Relations or Interviewing Skills during the Fall Quarter.

There will be a continuation of these courses in the Spring quarter. Any employee who has completed the prerequisite may be eligible to take the course where it has been determined that the course is directly re-

lated to the employee's current duties, or duties which the employee could be expected to perform at a later date.

Mrs. Hancock plans to meet with the Medical Terminology (Part II) class on Thursday, January 6, 1977. Thereafter the class meeting day has been changed to Monday from 2-5 p.m. Mrs. Bowman's course in Interviewing Skills will continue to meet on Tuesdays from 3-5 p.m. starting January 4. Mrs. Bogosian has scheduled the continuation of the Human Relations class on Wednesdays from 2-5 p.m.

Divine Services

PROTESTANT

Sunday Worship:

Chapel of Hope 10:30 a.m.

Holy Communion:

First Sunday of each month following worship service.

Christmas Eve: Chapel of Hope 0900

CATHOLIC

Sunday Mass:

Chapel of Hope 8:30 a.m.

Clinical Assembly Noon

Daily Mass:

Chapel of Hope Noon

Holy Days of Obligation:

Chapel of Hope Noon Mass

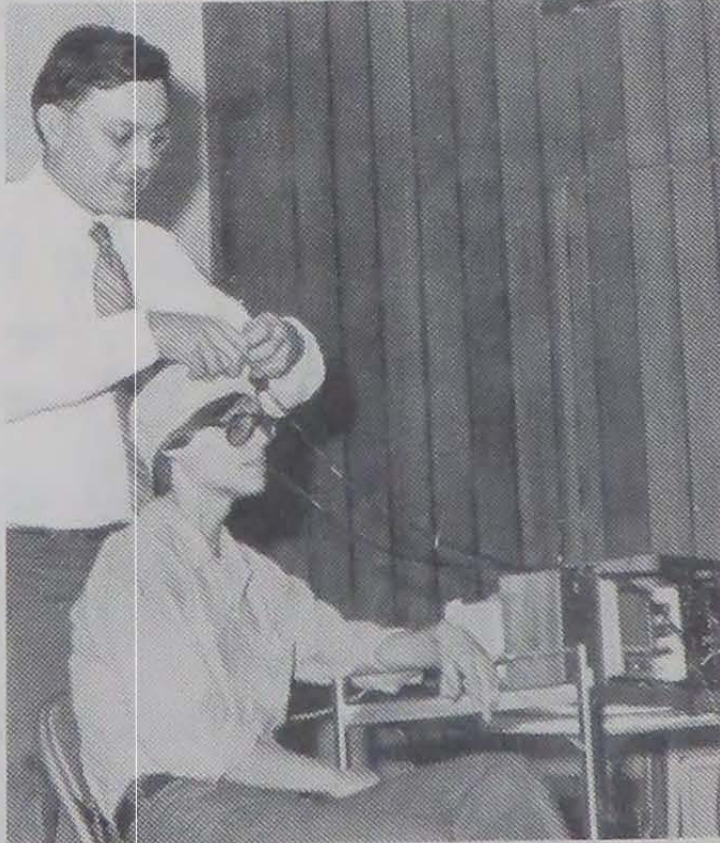
Christmas Eve: Midnight Mass

Clinical Assembly

Christmas Day: Chapel of Hope 12 noon

Wedding and Baptisms for Catholic or Protestant Ceremonies:
By appointment.

The Jewish Rabbi visits the hospital on call. For appointments call ext: 2251.



Tod H. Mikuriya M.D., a Berkeley psychiatrist, demonstrates the use of an electroencephalograph with sound attachment to help HN Sunny Lodispoto make alpha waves while LTJG Schide uses an electromyographic recorder to learn to reduce tension in neck muscles. Biofeedback is the process of providing visual or auditory evidence to a person of the status of an autonomic body function so that he may exert control. Psychiatrists are using these instrumental training techniques to help patients reduce various medical problems related to autonomic responses, for instance migraine headaches, without the overuse of psychotropic drugs. The demonstration for nursing personnel inservice training was presented November 17 in the Clinical Assembly. Research is just in its infancy in this fascinating field of human behavior.

Personnel in the Spotlight

New Second Class Petty Officers



Advanced to HM2 are : First row - Souders, Rosal, Popisil, Torrence, Preston, Lansang, Rivero. Second Row - McPherson, Lemaster, Wasile, Sargent, Walker, Calara.

Dr. McKay receives another First

On December 11, 1976 LCDR Hunter A. McKay, resident in Urology, was awarded a first prize in the Third Annual Northern California Urology Residents Seminar. This competition involves the Urology Residents from U.C., San Francisco; U.C., Davis; Stanford; Letterman; and our own activity.

This is the second year that Dr. McKay has won a prize in this competition and the third consecutive year that a resident from this center has been so honored.



LCDR Bielawski wears new shoulder boards

Donor winners

Winners of reserved parking spaces in the recent Blood Donor Drawing were HM3 Perry D. Potter of ENT, HA Eric Encke of Recovery Room and HM2 Scott Sanders of Enlisted Nursing Detail.

Those students rewarded with free bowling are: HN Dennis Welch, HA Douglas Carmichael, HM2 Michael Baker, HM3 Edward Rotchford, HM3 Bill Daly, HM3 Gary Ramos, HM3 Keith Peterson, HM3 David Doty, HM3 David Shaw and HM2 T.C. Long.

THANKS to our 215
Blood Donor Volunteers.
Your name is Wonderful!

Four attend Supply Seminar

A week long seminar given by Naval Supply Systems Command entitled Defense Small Purchase was completed by Procurement/Deputy Supply Officer John Sesto and Assistant Supply Officer, LTJG Gene Hart, Dec. 3. The course, given for West Coast Personnel in Supply and Procurement focused on such subjects as contracts, solicitation for bids, purchase of items of \$10,000 or less, and procurement. NRMCO civilians Glen Daniels and Karla Lillock had the opportunity to spend the day at the seminar during the discussion of Imprest Funds.

Congratulations to:

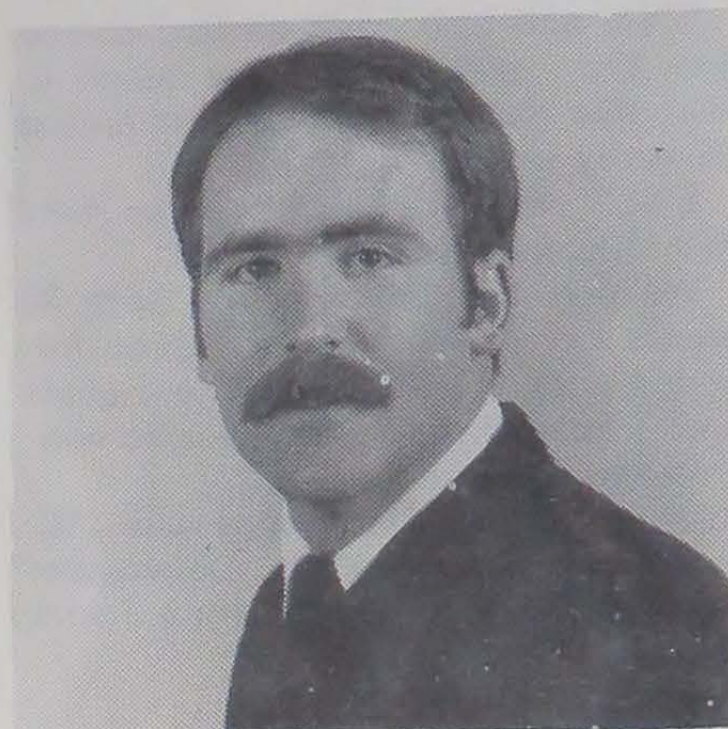
CDR Igor Drobocky, Board Certified in Diagnostic Radiology, and to LCDR Bonner, LCDR Demas, LCDR Aden-Wansbury and LCDR McLure. Board Certified in Otolaryngology.



CAPT Holm congratulates HM1 O'Neil on his advancement.

November

Sailor of the Month



For superior achievement in the performance of duties, and for consistently displaying exceptional dedication to duty, Ralph Sargent, III was selected as **SAILOR OF THE MONTH** for November. HM2 Sargent is an effective instructor, has researched and prepared lesson plans and has been instrumental in improving the quality of education delivered in the Operating Room Technician School at the Naval Regional Medical Center, Oakland. Sargent has been recognized for being well organized during classroom presentations, has been patient and empathetic toward students. He was able to develop an improved training program while accommodating an increased teaching workload.

RADM Paulsen tours NRMCO



"It is good to see Naval officers continuing their education," Rear Admiral Albert Paulsen, DC, USNR-R told a group of NRMCO resident dentists during the November 20 official tour by the Assistant to the Chief Dental Division, Bureau of Medicine and Surgery for Reserve Affairs. RADM Paulsen is one of only two Dental Corps flag officers in the Naval Reserve. Following a briefing with RADM Henry A. Sparks, CO, NRMCO, RADM Paulsen toured the Dental Service. After being told the Dental Corps had the best retention rate of officers and enlisted personnel, he attributed the success to continuing educational opportunities and advancement made available in the Dental Corps.

Scenes by the Sidelines

By RON BROWN

ENT and Lab jump off to an early lead in 1976-77 intramural Basketball Season.

ENT and Lab have served notice that they are going to be tough to beat this season as they both pulled off early season victories.

ENT was victorious over NP/ HALDOL by a score of 38-23.

Warden led the winners with 10 points on 5 field goals. Baez followed with 9 points on 4 field goals and 1 free throw. Navila also contributed 6 points for ENT.

Thomas led the losers with 10 points on 5 field goals. Alexander followed with 6 points in a losing cause.

ENT vs NP/ HALDOL (NP/ HALDOL)

Player	FG	FT	TP
Laxton	0	0	0
Alexander	3	0	6
Lounsbury	1	0	2
Esparza	1	1	3
Thomas	5	0	10
Forshay	1	0	2
Reed	0	0	0
Westburg	0	0	0
	11	1	23

Fouled Out: None

Player	FG	FT	TP
DeGraw	1	0	2
Sherman	1	0	2
Rowley	0	0	0
Warden	5	0	10
Baez	4	1	9
McKay	2	0	4
Andrisek	0	0	0
Burton	1	0	2
Navila	3	0	6
Cehan	1	1	3

Fouled Out: None.

Lab ran over PT/OT by a score of 45 -33. As Chase split the net for 10 points on 5 field goals. Longhorn and Doering split the net for 7 and 6 points respectively.

Unis of PT/OT led all scorers in a losing cause with 12 points on 5 field goals and 2 free throws.

Broz followed Unis with 9 points to aid his team. Baker scored 6 points on 3 field goals.

LAB

Player	FG	FT	TP
Johnson	2	0	4
Pope	0	0	0
Robbins	2	0	4
Doering	3	0	6
Velasco	2	0	4
Brown	2	1	4
Chase	5	0	10
Longhorn	2	3	7
Urquhart	0	0	0
Fullmer	0	0	0
Sarha	0	0	0
Castanon	1	3	5
	19	7	45

Fouled Out: None

PT/OT

Player	FG	FT	TP
Broz	3	3	9
Carswell	1	0	2
Baker	3	0	6
Unis	5	2	12
Emmons	2	0	4
Birchwell	0	0	0
Young	0	0	0
	14	5	33

Fouled Out: None.

POGA drew a bye in the first weeks play.

All games are played in the NRMC Gymnasium.

Movie Schedule

Wednesday, December 22

CANNONBALL — David Carradine, Bill McKinney—Action Drama PG 94 Min.

Thursday, December 23

MAN FROM HONG KONG (The Dragon Flies)—George Lazenby, Jimmy Wang Yu—Action Drama PG

Friday & Saturday, December 24 & 25
CHRISTMAS EVE AND CHRISTMAS DAY—All Special Services facilities will be closed.

Sunday, December 26

THE BUTCHER—Stephane Audran, Jean Yanne—Suspense, Drama PG

Monday, December 27

TAKE A HARD RIDE—Lee Van Cleef, Jim Brown—Western PG

Tuesday, December 28

OBSESSION—Cliff Robertson, Genevieve Bujold—Love Story PG

Wednesday, December 29

FUTUREWORLD — Blythe Danner, Peter Fonda—Fantasy Drama PG

Thursday, December 30

SHOOT FIRST, DIE LATER—Richard Conte, Luc Merenda—Drama None
Friday & Saturday, Dec. 31 & Jan. 1
NEW YEAR'S EVE AND NEW YEAR'S DAY—All Special Services facilities will be closed.

Sunday, January 2

ROMA—Federico Fellini, Peter Gonzales—Documentary R

Monday, January 3

LET'S DO IT AGAIN—Bill Cosby, Sidney Poitier—Comedy PG

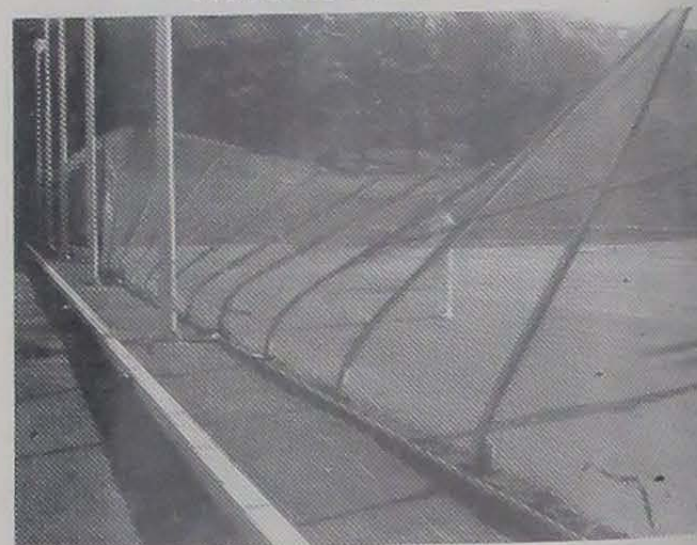
Tuesday, January 4

MIDWAY—Henry Fonda, Charlton Heston—Historical War Drama None

Wednesday, January 5

DIRTY HANDS—Romy Schneider, Rod Steiger—Drama R

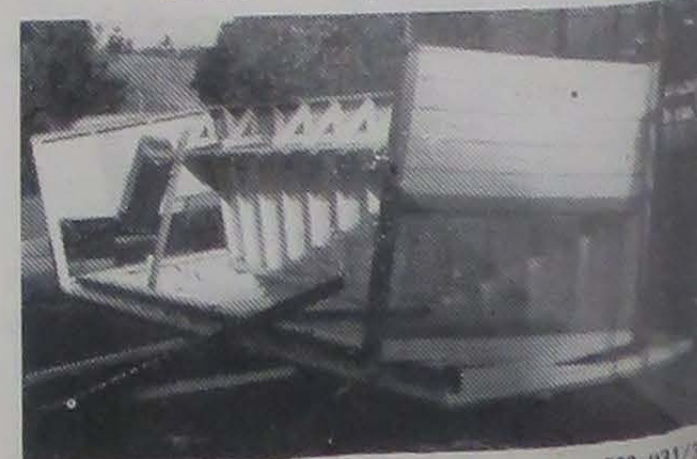
November 27 wind



blew over picnic



fence and upended dugout



Special Services schedules Reno trip

A Train Load of Fun to Reno, Nevada is planned for the weekend of January 15-16th. The group will leave Oakland by AMTRAK at about 10 am. on Saturday and arrive in Reno at 4:55 p.m. The cost is only \$38 per person, double occupancy, which includes AMTRAK fare, hotel reservations in Reno, and bonus coupons totalling \$70. Civilians, active duty and retired military personnel may take advantage of this offer, but everyone must be 21 years of age or over. Reservations will be taken on a first come, first served, basis. Last year there was an "overload" of people, so make your reservations early. Call 2479 (Special Services) for further information.

All Special Services facilities will be closed on December 24th and 25th and on December 31st and January 1st. This includes the bowling lanes, pool hall, movie theater, handball courts, gear issue room gymnasium and the Special Services Office. You may make reservations for use of the tennis courts, however.

Pet

Clinic Hours

The Treasure Island/Yerba Buena Island Pet clinic in Building 217, Naval Support Activity, Treasure Island offers well-pet care for the military personnel stationed in the San Francisco Bay Area. They offer a boarding kennel for both transient and local military. Also available are pet supplies, boarding and inoculations. Beginning January 3, Pet Clinic hours will be:

Monday (Boarding and Supplies ONLY) 9-11:30 am.

Tuesday Veterinary Services by appointment 9-12, 1:30-4:30

Wednesday Veterinary Services by appointment 7-9 p.m.

Thursday Veterinary Services by appointment 9-12 and 1:30-4:30

Friday (Boarding and Supplies ONLY) 9-11:30

For further information please call 986-2165.